



# Vivekanand School

D Block, Anand Vihar, Delhi - 110 092

VS/PW/2024-25/Cir-06

Parent Workshop-2024

25 April, 2024

Dear Parent,

Namaste!!

Parents are the cornerstone of support, love, and guidance for their children, yet it's crucial for them to discern when to offer boundless care and when to provide it as a reward. To foster structured and fruitful child development, we always believe in advocating collaborative approach, ensuring holistic growth for each child.

In the previous academic year (2023-24), we have wholeheartedly supported parents in various capacities. Consequently, we're excited to announce the commencement of parenting workshops in the upcoming session. Recognizing that Parenting is a dynamic journey filled with challenges and triumphs, yet there's no definitive manual to navigate it. Hence, we have meticulously crafted these workshops to empower parents and equip them with the tools needed to adapt to the evolving landscape of parenting.

we encourage parents to engage in these workshops tailored to empower them and keep them abreast of contemporary parenting techniques.

We are attaching the list of topics as well as the link of google form which contains topics of workshop; parents are requested to select maximum 7 topics and submit the form latest by 30.04.24.

<https://forms.gle/Q6MgVsxfPyMkwnJA>

Proposed topics for Parenting Workshops

1. Freedom within limits
2. Building strong sibling relationships
3. Making connection before correction
4. Values before valuables
5. Managing screen time in children
6. Making connections with grandkids
7. Addressing fear and anxieties
8. Dealing with defiance and power struggles
10. Encouraging responsibility and patience in children
11. Understanding your child's emotional Development
12. Promoting healthy eating habits
13. Fostering self esteem in children
14. Navigating Dual-Career Parenting and Work-Life Balance

**Warm Regards**

**Deepa Vijay**  
**Headmistress**