



# مؤتمر الوالدية الفعالة بدول مجلس التعاون الخليجي

## Effective Parenting Conference in GCC

on 24th April 2010 at JW Marriott Dubai - UAE

## The Heart of Parenting



### Key speakers include:

**Dr. Onita Nakra**, Ph.D., Ed Psychology (University of Minnesota, USA), Counselor at the American School of Dubai.

**Ms. Rebecca Grappo**, M.Ed. Certified Educational Planner and educational consultant, RNG International Educational Consultants, USA.

**Dr. Saliha Afridi**, Master's in Clinical Psychology and graduated with a Doctorate in Clinical Psychology, Arizona USA.

**Dr. Kennon Ryder**, Marriage and Family Therapist, Professor, Michigan State University, Dubai.

### WHAT IS EFFECTIVE PARENTING ?

In order for your child to grow up feeling loved, secure and valued, you as a parent must not only be able to meet their physical needs but their emotional, intellectual and social needs as well. Although loving your child is necessary, it takes many other skills to be an effective parent.

"Balancing Love and Anger: a Parental Dilemma"

"Raising Encouraged Children: How to Apply Democratic Parenting Principles"

"How to Get Kids to Think About Tomorrow" Parenting Principles

### Who Should Attend ?

Parents, parent/family educators, early childhood interventionists, family support professionals, school/parent liaisons, students of education and psychology, child and family advocates, and policy makers.

Organised by



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## Heart of Parenting

Becoming a parent is one of the most challenging and rewarding tasks in life.

It's a huge responsibility that's often taken for granted.

It's important to remember that parents grow into their roles, and can't expect to have the right answers all the time!

### Your feelings

As a parent you will feel all sorts of emotions. You will feel love, joy and pride, but also anger, panic, despair and frustration. Sometimes parents feel they are not appreciated by their children or valued by others

It's normal for parents to sometimes feel tired or upset and question what it's all about. Remember you don't have to be perfect, all parents feel they make mistakes at times

Your style of parenting will shape your child's life, so make the foundation solid. Find out more about child development. Mistakes only matter if you keep repeating them. Plan, organise and communicate so you can balance work and family responsibilities, and meet your child's needs.

Don't waste your time and energy feeling guilty – change what you are doing.

If you have a problem with anger or violence, get help. Seek help from others when you need it but continue to believe in yourself.

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## Meet Your Expert Leader



Dr. Onita Nakra, Ph.D., Ed Psychology (University of Minnesota, USA), Counselor at the American School of Dubai.



Ms. Rebecca Grappo, M.Ed. Certified Educational Planner and educational consultant, RNG International Educational Consultants, USA.



Dr. Saliha Afridi, Master's in Clinical Psychology and graduated with a Doctorate in Clinical Psychology, Arizona USA.



Dr. Kennon Ryder, Marriage and Family Therapist, Professor, Michigan State University, Dubai.

### **Dr. Onita Nakra, Ph.D., Ed Psychology (University of Minnesota, USA).**

Dr. Nakra obtained her Ph.D. in Educational Psychology from the University of Minnesota (USA). An educational psychologist in practice, she has over twenty five years of experience as an educator and psychologist, working with children and their families. Her book "Children and Learning Difficulties" is a pioneer work in the field of learning disability in India. Dr. Nakra is currently working as Counselor at the American School of Dubai. She can be contacted at [onita.nakra@gmail.com](mailto:onita.nakra@gmail.com).

### **Ms. Rebecca Grappo, M.Ed. Certified Educational Planner and educational consultant.**

Rebecca (Becky) Grappo, M.Ed., is a Certified Educational Planner and educational consultant. She works with students and families on comprehensive educational planning to include summer programs, boarding schools, career planning and assessment, college/university admissions counseling, and opportunities for special needs kids. Her website is [www.rebeccagrappo.com](http://www.rebeccagrappo.com).

### **Dr. Saliha Afridi, Master's in Clinical Psychology and graduated with a Doctorate in Clinical Psychology.**

Dr. Saliha Afridi, is a licensed clinical psychologist. She completed her undergraduate studies at the University of Michigan, Ann Arbor where she graduated Summa Cum Laude with a double major in Cultural Anthropology and Communications. She continued her graduate studies at Arizona School of Professional Psychology where she received her Master's in Clinical Psychology and graduated with a Doctorate in Clinical Psychology.

Dr. Afridi has worked with individuals of varying cultures, ethnicities, religions, genders, and disabilities. She also has a rich exposure to a multitude of mental health issues including: childhood disorders, ADHD, mood disorders, anxiety disorders, addictions, psychotic disorders, personality disorders, eating disorders, and relationship problems. Her expertises include parent training, psychological and psycho-educational evaluations, as well as psychotherapy for adolescents/ adults and play and activity therapy for children. She has a special interest in parenting training and has created and implemented parenting programs based on Adlerian child guidance principles. Dr. Afridi has a long standing commitment to community outreach and education.

### **Dr. Kennon Ryder, Marriage and Family Therapist, Professor, Michigan State University, Dubai.**

Associate Professor, Family & Child Ecology - MSU Dubai. Will coordinate the Family Community Services Bachelor degree and be responsible for teaching, recruiting, and advising students. Dr. Rider is a licensed Marriage and Family therapist, having received his MS in Family Relations and his Ph.D. in Human Development and Family Studies from Texas Tech University, Lubbock, Texas. He has previously taught at Zayed University in Dubai.

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## CONFERENCE AGENDA

24-04-2010 - Saturday



**8:15am** Registration, Continental Breakfast , Networking  
**9:30: 9:45am** Welcome address - Opening Remarks

**9:45 -11:00am**

### **"Balancing Love and Anger: a Parental Dilemma" by Dr. Onita Nakra**

What triggers anger in a parent and resentment in a child?

What triggers off the hidden feelings of frustration that often rise to the surface even in the most loving of parents?

How can a parent express anger without hitting and exploding? Who should make up – the parent or the child?

Based on the work of Nancy Samalin, this talk examines patterns of communication between parents and children.

**Parents will look at their own parenting styles – are they brickwall, jellyfish or back-bone parents?**

Question/Answer

**11:00-11:15am** Coffee Break - Networking

**11:15-12:30 pm**

### **"Raising Encouraged Children: How to Apply Democratic Parenting Principles" by Dr. Saliha Afridi**

How can you use foundational parenting skills to increase your confidence as a parent and develop positive relations with your children?

What are the social purposes behind all behavior and misbehavior?

When children misbehave, which goal are they seeking to fulfill, i.e. power, revenge, attention seeking, or assumed inadequacy?

Can you identify, understand, and manage the mistaken goals of your child's misbehavior?

There will be discussion about basic parenting skills such as disciplining children through natural and logical consequences; nurturing children using encouragement vs. praise; and understanding how and why to have family meetings.

Question/Answer

**12:30– 1:15 pm** Lunch - Networking

**1:15 - 2:30 pm**

### **"How to Get Kids to Think About Tomorrow" by Rebecca Grappo**

How can parents help children and adolescents to think about the future in a positive way? Time seems unlimited and the future lies over the horizon. But parents know how quickly time flies, and that every day is important in order to be prepared for tomorrow's challenges and opportunities.

What is behind drive, motivation, and the lack of motivation?

How can children and teens manage stress?

How can children and teens balance motivation with the excessive stress that some experience?

Question/Answer

**2:30 - 3:30 pm**

### **Interactive Q&A, Panel Discussion**

Dr. Onita Nakra, educational psychologist

Dr. Salida Afridi, clinical psychologist

Rebecca Grappo, M.Ed., international educational consultant

Dr. Kennon Ryder, Marriage and Family Therapist, Professor, Michigan State University, Dubai

Audience will be encouraged to join in a panel discussion about themes that were presented throughout the day.

**3:35 Pm**

**End of the program**



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## Registration Form

Registration fee for 1 day AED 500/-

**Group Discounts Available:- 3 – 4 people: 10% , 5 – 7 people: 15%, 8 + people: 20%**

Conditions: Group Discounts apply for bookings made simultaneously and on one invoice only

Registration Information	Personal Details	
	Full Name	E mail
	1st Delegates	
	2nd Delegates	
	3rd Delegates	
	4th Delegates	

Please confirm my registration for the Parenting Conference .Please photocopy this form if more than four delegates.

Authorisation Details:

Authorisation	Contact Person Name:	Designation:	<b>Parenting Conference</b>  <b>Please check all that apply:</b> Parent <input type="checkbox"/> Age of your child _____ Grandparent <input type="checkbox"/> Age of your child _____ Foster Parent <input type="checkbox"/> Age of your child _____ Caregiver (Please specify) _____ Educator (Please specify) _____ Professional (Please specify) _____ Others (Please specify) _____
	Organisation Name:		
	Address:		
	PO Box:	Tel: Fax:	
	Zip Code:	City: Country:	
	Authorised Signature:	Email:	
	Note: Refreshments & lunches are included. Vegetarian Lunch required? Yes _____	TOTAL AED <input type="text"/>	

You will receive registration confirmation via e-mail. If you do not have e-mail access, we will send by fax or mail

Fax this form to : +971 4 2948486 Please call us if you require any assistance on +971 4 2955581

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### Cancellation Policy

If you are unable to attend this event, you may send a substitute delegate in your place at no additional cost. Please advise us of any substitutions as soon as possible. If this is not suitable 20% service charge will be payable. Alternatively, you may transfer your registration to another event. A 10% service fee may apply. Should you wish to cancel your registration, please notify us in writing as soon as possible and a credit note will be issued valid for use towards any future events. A 10% service fee may apply and does not provide refunds for cancellation