



Maureen McKay is the author of "**Optimistic Outcomes: What Every Parent Wants and Every Child Needs.**" She has been featured in numerous magazines, newspapers, and FM 107.1 on the Good Enough Moms show. Her work has received three national awards including Learning Magazine's 2009 Teacher's Choice Award for the Family. She presents 45-minute and 90-minute workshops. For more information, call 952-223-4525.

## Parent Involvement Presentations:

### **DEFEATING THE DOLDRUMS \***

Children (and parents) can "run out of gas" when it comes to school. Discover the importance of connecting kids with nature. Learn strategies to keep your child excited about learning during the long winter months.

### **GROOVY GADGETS \***

See many nifty, low-tech tools that can make homework time fun for auditory, visual, and kinesthetic learners. Your child can be more on-task by learning new ways to tackle the same old homework. You might be surprised at the tools you already have in your junk-drawer!

### **SWEET SKILLS: What Adolescents Need to Launch in Life \*\***

The big-picture of parenting can feel overwhelming! What's the mission of a middle-school parent? Will your child grow up to be a responsible, caring, and independent adult? Which sweet skills will they need before they move out and live on their own someday?

The transition from adolescence to adulthood is a valuable time to connect with and prepare our kids for life. Learn about five areas in which adolescents need plenty of practice while they are still at home. Discover easy parenting strategies that will give your child the experience they need to navigate a bright future. Join Maureen as she offers tangible ways to coach children on the road to maturity.

### **OBSTACLES TO OPPORTUNITIES \*\***

Has your family faced adversity? Troubled times can lead to good things. Hear the true story of how one family faced cancer, a heart attack, problems with school, and being diagnosed with a learning difference. Discover how hardships in life can be opportunities to build resilience as a family.

## Student Presentation:

### **SUPPRESS THE STRESS \*\*\***

Find out how our brains are programmed to recognize and react to stress. Discover how the members of the millennial generation can overcome stress in our high-tech world. Learn strategies for home and school that will help teens overcome stress in their lives.

\* For parents/caregivers of elementary students

\*\* For parents/caregivers of elementary and middle school students

\*\*\* For middle school or junior high students