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## **The Best Parenting Practices Expo**

### **Executive Summary**

Title: Best Parenting Practices Expo

Tagline: Making parenting the #1 job you love.

Focus: Be True to Yourself; Be True to your Kids

Date: April 25, 2020

Time: 9 a.m.-3:45 p.m.

Keynote Speaker: Monica Matthews

Location: Salvation Army Kroc Center

### **Introduction**

Parents, Teachers, and Advocates is a parent development program serving Metro Atlanta. We have been working with a variety of churches, nonprofits, other organization to bring parent education/coaching services to families. Our goal is to inspire, motivate, and empower adults to become exceptional parents. Our next step to this empowerment is a yearly event we are calling the Best Parenting Practices Expo.

### **Expo Purpose**

In November 2019 Barna Research Group and their global report Faith for the future a whopping 36% of Millennials and Gen Y's say that there is no one in their personal world who truly cares about them and is in their corner. In addition, in October two national publications shared that children are spending 12 hours a week on their phones and only 12 hours talking with their parents. This suggests to us that parents are not communicating effectively with their children the commitment they have to them. We believe most parents want to have deep, emotionally connected relationships with their children. However, we believe many are not sure how to achieve this relationship. This is the purpose of the expo; to bring workshops, information, products, books, and support to help every parent be more effective in forming these relationships. It is our goal to help parents to be true to themselves and to teach their kids.

## **Workshops and Information**

Our focus for the expo is 'Be True to Yourself; Be True to your Kids' we are asking all workshops fall into one of four categories. 1. Self-Care/Mental Health These sessions are to help parents to recognize and choose to engage in self-care and mental health practices, mindset is important. 2. Parent Child Relationship Building These sessions are designed to help parent-child communication, reduce use of screen-time for parent and child, and tools to increase positive engagement. 3. Inspiration and Motivation the tagline for the expo is "Making parenting the #1 job you love" these sessions are designed to help parents look for find and appreciate the joys of parenting; while still dealing with its challenges. 4. Life and Parenting as the saying goes 'life happens' this section is to deal with topics like educational issues, child abuse and neglect, un/underemployment, and a myriad of other topics.

Here is a list of suggested topics.:

Developing Strong Relationships—Parent to Parent, Parent to Child, Parent to Grandparents (Love Languages, Spending time together, Conversations about life and living, Cooking/Eating Together, Screen-time)

Discipline vs Punishment

Understanding the Importance of Literacy

Self-Care

Special/Emotional Development

Special Education Strategies

Protecting Children from Child Sexual Abuse

Healthy Eating

Mental Health Services

Un/Underemployment

Housing

## **Preliminary Schedule of Events**

9:00-9:30 Registration and Vendor Visitation

9:45 Opening Remarks and Welcome, Overview of the Day

10:00 Keynote Address

10:25 Release to First Break Out Sessions

10:30-11:15 Break Out 1

11:30-12:15 Break Out 2

Lunch/Vendor Visits

1:00-1:45 Break Out 3

1:50-2:45 Last Call to Visit Vendors/Information Sessions/Cookies

2:45-3:15 Break Out 4

3:15-3:35 Question and Answers from Presenter Panel

3:45 Event Ends