Supporting the Mental Health of Children and Youth

The focus of this workshop is on some of the more common themes that come up in my own family and with the families that I work with. I've divided these into 3 overlapping categories:

1. Our children and the on-line world:
   - Our role as parents in monitoring the on-line presence of our children
   - The myth of multi-tasking & 'blooping' mindfully
   - Protecting sleep and learning
   - Preventing the erosion of interpersonal/ social skills

2. Achieving balance in life:
   - The "basket approach" → working with our children to determine what their baskets are and what goes in them
   - Teaching children how to budget their "time dollars"

3. Helping our children learn to carry their vulnerabilities in order to mitigate their impact:
   - What do we mean by "vulnerabilities" and where to they come from?
   - The Resilience-Protection model
   - How do we teach resilience?
   - How do we protect our child's vulnerabilities, and when does protection actually *increase* risk?