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**Education Workshops for Parents**

The Military Child Education Coalition® offers enrichment workshops to parents at no charge. These workshops offer research-informed information, practical solutions, and strategies for parents with children of all ages.

**Back-to-School Basics**

As the school year begins, military-connected families are looking for tools and strategies to help make the new school year a success for their children. We will discuss how to keep the lines of communication open both at home and with teachers as well as the importance of routines and parental involvement. This workshop will also provide practical ideas on homework and organization.

**Growing Great Readers**

Developing literacy skills are critical for military-connected children to be successful in school and life. A family’s role in reading starts at birth and continues throughout life. In this workshop, we share ideas to spark a love of reading in children and develop good reading habits for the entire family.

**Guiding Your School-Aged Child’s Social-Emotional Development**

It is pivotal to examine the stages of social-emotional learning for school-aged children and identify the benefits of a child having supportive relationship and coping skills. The training will also address challenges that hinder healthy development in these areas, as well as provide tips and strategies for helping children enhance emotional intelligence skills.

**Keys to Academic Success**

Families play an important part in helping their military-connected children achieve academic success, especially through transitions related to a highly mobile lifestyle. This workshop addresses seven keys to academic success: Routine, Parental Involvement, Communication, Organization, Healthy Habits, Planning Ahead, and Seeking Help.

**Test-Taking for Elementary School Students**

Tests can be stressful for any student, including younger children. This workshop will address challenges that children might face regarding different state and district assessments as they transition. Strategies on preparing children for test taking and tackling test anxiety will also be addressed.

**Coping Strategies for Children and Youth**

This training focuses on positive coping strategies that will help parents steer children toward reframing events as challenges that can be navigated rather than traumas. Special emphasis is placed on strengthening lines of communication, the value of quality time, and managing emotions appropriately.

**Cyber Safety for Children and Youth**

In this time of 24/7 connectivity, healthy screentime habits are critical. This workshop will address the benefits and risks of device usage and online safety for children and youth. Tips on helping children become good cybercitizens will also be addressed.

**Kids in the Kitchen**

This workshop addresses how families can incorporate literacy, math, and science in meal preparation. Also, we explain the benefits of nutritious meals for healthy development and well-being.

**Persistent and Challenging Behaviors**

We know that all behaviors, both desired and undesired, are ways that children communicate. This workshop will help military parents identify common triggers that may contribute to challenging behaviors and appropriate, alternative strategies to navigate these challenges.

**Transitions: What Every Parent Needs to Know**

In this workshop, parents will consider the impact transitioning has on military-connected children. Strategies and resources will be shared to help military families leverage the benefits of living the military lifestyle so that it becomes an asset to their military children.

**What is a Purple Star School?**

This workshop addresses how Purple Star Schools are a gamechanger for military-connected families. Parents explore transition challenges for military-connected children and how Purple Star Schools can help ease those challenges. The relevancy and benefits of the Purple Star School program will be shared along with resources and strategies to help grow this initiative in support of military-connected children.

**Questions? Contact the Your Location Area Community Coordinator**

Rachel Surles

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These workshops are provided by: State of Alabama

**Military Child Education Coalition**®

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