

Beth Proudfoot, MFT

Child Therapist, Speaker, Parenting Coach



As I'm writing my book, the process of researching, re-thinking and revitalizing is shaking up my parent education talks. These are not last year's topics! If you can't decide, start with Planful Parenting...and we'll plan together how to best find a fit between what your group needs and what I can offer. Enjoy! -- Beth

Parenting the Millennium Kids Series

Planful Parenting

What's the goal, here?

In this workshop, we'll take a deep breath and think about what kinds of skill sets our children will need to survive and thrive in this rapidly changing world. We'll talk about what the research tells us about how kids learn, the most important concepts they need to acquire before they're six years old, and the kinds of 21st Century parenting skills we're going to need in order to teach them. And then, well, we'll make big plans for the money, time, and environments we'll need to accomplish our goals for our children and for ourselves.

Caring for the Caregiver

How to Find Happiness in a Stressful World

We are most effective as parents when we are calm, centered, and happy. How do we get there, though, when the bills are overdue, we can't find our keys, and we're late to school for the third time this week? In this workshop, we cover everything from the latest psychological research on stress to ancient spiritual wisdom about happiness and come up with 7 ways to take care of our bodies, our minds, and our spirits so that we can find that calm, centered and happy place...even in the midst of challenging times.

Emotional Fluency

Dealing with Your Child's Negative Emotions (And Yours!)

We're more likely to become angry with our children than anyone else in our lives...because we love them the most! In this workshop, parents will learn the relationship between stress and negative emotions, how to effectively handle their own negative feelings, and how to help children both express their own feelings appropriately and listen to others with empathy.

21st Century Discipline

Alternatives to punishment and reward

Evolution takes millions of years. Our children can't wait. If they are going to survive and even flourish in this rapidly changing world, we are going to have to get totally out of the ancient carrot-and-stick thing and start using 21st Century leadership skills. Come to this workshop prepared to wrap your mind around some new ways of being with your children. This is definitely not your mother's parenting class.

Mommy in the Middle

Conflict Resolution for Two-Year-Olds...or Anybody Who's TERRIBLE!

Most parenting experts teach how to prevent sibling rivalry, or how to ignore it. In this class, we'll get down on the floor and learn what to do in the middle of the argument to help kids of any age to resolve conflicts peacefully, and eventually all by themselves. Watch out! This technique is so powerful, they will try it on their friends. Just imagine all that peace and quiet...

THE PRESENTER:

Beth Proudfoot is a Marriage and Family Therapist with over 20 years of experience working with young children and their families. Former host of the cable television show, "My Family, My Self," Beth has given seminars and keynote speeches at conferences for the National Center for Self Esteem, the NAEYC, California Mothers of Twins, and the California Council of Parent-Participation Nursery Schools and her client list includes schools, churches, business and parent groups all over Northern California. Beth is also the mother of three children and brings a wealth of personal experience (and a much-needed sense of humor) to her parenting advice.