



## **BabyBrains® workshops for parents**

Science-based fun and interactive workshops that support perinatal wellbeing by catalysing those Aha! Moments that can revolutionise the way adults see children and interact with them.

With solid science, empowering practice in evidence-based problem solving and decision-making, and caring emotional support, BabyBrains® empowers parents and children as they go on their unique family journey.

### **Mind reading for babies: how do they learn other people have thoughts and feelings too?** *9.45 - 10.45 am*

As an adult, it is easy to feel manipulated by a child. But can a child really manipulate you before she knows that you have your own thoughts and feelings too?

This workshop explores the development of the Theory of Mind, the ability to attribute mental states to one self and to others. Insights from Neuroscience help adults understand their children's frustrating behaviour and identify the most appropriate way to interpret and respond to it.

This session provides tools to make the most of challenging moments.

### **The art of motivating: moving away from rewards and punishment** *11.30 am - 12.30 pm*

How do we get our children to do what they have to do for their own sake?

Raising children would be so much easier if we mastered the art of motivating our children and ourselves. Whoever has tried out reward charts and naughty steps will confirm that these strategies are short-lived and often create new problems.

This workshop presents the in-built brain mechanisms that get humans to work and to learn from their mistakes in spite of laziness and pride.

Focusing away from rewards and punishment and into curiosity and intrinsic motivation offers a science-based approach that not only works but is also so much fun.

This session provides a new approach to "pushing" children...and yourself!

### **Language is key: the complexity of language and its relevance for the mind** *3.45 - 4.45 pm*

Language is a key developmental focus for parents because it is the pillar of communication and because it is a highly significant element in education. However, language is even more than that: It is a tool for thoughts.

This workshop helps adults understand the complexity of language development, bringing the hidden parts of language (e.g., understanding, categorising) to the foreground, and paying particular attention to its impact on other cognitive abilities (e.g. logical thinking and decision making). The advantages and challenges of multilingual families are discussed.

This session offers a new approach for understanding and boosting communication.