

8 November (Saturday)

0800 - 0900	Registration	Potential Speakers / Panellists:
0900 - 0915	Opening Ceremony & Welcome Address	
0915 - 0945	<p>Keynote</p> <p>The Evolving Dynamics of Parenting in the 21st Century</p> <p><i>Possible areas of coverage :</i></p> <ul style="list-style-type: none">• How Parenting has Changed Over Generations• The Impact of Societal Shifts on Parenting Roles• Increased Involvement of Fathers in Caregiving• Working Mothers and Balancing Careers with Parenting• Challenges and Opportunities in Modern Parenting• How Parenting will Continue to Evolve in the Coming Decades	
<p>PARENTING STYLES</p> <p>This presentation will explore the different parenting styles—authoritative, permissive, authoritarian, uninvolved, helicopter, tiger, free-range, bulldozer, attachment etc and how each approach shapes a child’s development. Attendees will learn how to identify their own parenting style, understand its impact on their child’s emotional and social growth, and discover strategies for adapting their approach to meet their child’s unique needs. The session will also cover how to incorporate key elements of positive parenting, such as encouragement, positive reinforcement, and consistency, to foster a supportive, nurturing environment that promotes resilience, self-esteem, and healthy relationships.</p>		
0945 – 1030	<p>Understanding Parenting Styles</p> <p><i>Possible areas of coverage :</i></p> <ul style="list-style-type: none">• Overview of Different Parenting Styles• Impact of Parenting Styles on Child Development• Dangers of Overprotective Parenting• Creating a Positive Parenting Plan• Setting Boundaries, Expectations, and Support	<p>Child Psychologists</p> <p>Family Therapists</p> <p>Parenting Coaches</p> <p>Child Development Specialists</p> <p>Behavioural Therapists</p> <p>Social Workers</p> <p>Educational Psychologists</p> <p>Mindfulness and Parenting Experts</p> <p>Family and Child Advocates</p>
1030 – 1115	<p>External Influences on Parenting Styles</p> <p><i>Possible areas of coverage :</i></p> <ul style="list-style-type: none">• Role of Extended Family in Shaping Parenting Styles• Impact of Childcare Providers and Educators• Generational Differences in Parenting	
1115 - 1200	<p>Gender Neutral Parenting</p> <p><i>Possible areas of coverage :</i></p> <ul style="list-style-type: none">• Breaking Stereotypes in Toys and Play Encouraging Inclusivity• Avoiding Gendered Expectations in Career and Hobbies• Supporting Emotional Expression for All Genders• Promoting Equality and Non-Bias in Household Roles	
1200 – 1300	Break	
<p>TECHNOLOGY AND DIGITAL PARENTING</p> <p>In today’s hyper-connected world, technology plays a central role in children’s lives, from education to entertainment and social interactions. While digital tools offer immense benefits, they also present unique challenges for parents, including screen time management, online safety, and the impact of social media on mental health. This session explores the evolving landscape of digital parenting, equipping parents with strategies to foster healthy tech habits, ensure cybersecurity, and promote balanced digital consumption. Attendees will gain insights into leveraging technology for positive child development while mitigating risks, ensuring that their children grow up as responsible and resilient digital citizens.</p>		
1300 - 1345	<p>Navigating the Digital Age as a Parent</p> <p><i>Possible areas of coverage :</i></p>	Educational Technologists

	<ul style="list-style-type: none"> • How Technology has Transformed Parenting in the 21st Century • The Benefits and Challenges of Raising Children in a Digital World • Social Media and Its Influence on Children • The Role of AI and Smart Devices in Parenting • Parenting Strategies for Healthy Tech Habits • The Future of Digital Parenting 	Media and Communication Specialists Parenting Coaches
1345 - 1430	<p>Digital Safety and Cybersecurity for Families</p> <p>Possible areas of coverage :</p> <ul style="list-style-type: none"> • The Impact of Screens on Child Development • The Role of Social Media in Shaping Self-esteem and Identity • Managing Online Interactions and Cyberbullying Risks • Protecting Children from Online Predators, Scams, and Misinformation • Importance of Parental Controls and Safe Browsing Practices 	Pediatricians Family Therapists Parenting Coaches Ethicists and Legal Experts School Counsellors Educators
1430 - 1500	Break	
<h2 style="text-align: center;">PARENTS FOR PARENTS</h2> <p>This session will delve into the growing and often overlooked experience of being a "sandwich generation" parent — one who is not only raising children but also caring for aging parents. The session will cover practical strategies for managing the day-to-day logistics of caregiving and parenting simultaneously. It will discuss how to involve children in caring for grandparents in a positive and constructive way, fostering intergenerational bonds and teaching children about the value of compassion and responsibility. The session aims to support parents in embracing their roles with confidence, helping them balance the demands of caregiving and parenthood with grace and resilience.</p>		
1500 – 1545	<p>Supporting Aging Family Members</p> <p>Possible areas of coverage :</p> <ul style="list-style-type: none"> • Access to Healthcare Services • Managing Chronic Conditions • Importance of Creating Supportive Environments • Balancing Caregiving Responsibilities • Community Resources 	Geriatrician Gerontologist Social worker Elder law attorney Occupational therapist Caregiver support specialist Palliative care specialist
1545 – 1630	<p>Elder Care – A Family Affair</p> <p>Possible areas of coverage :</p> <ul style="list-style-type: none"> • Navigating the Sandwich Generation • Balancing Childcare and Elder Care • Managing Stress as a Caregiver and Parent 	
1630 - 1715	<p>Intergenerational Caregiving</p> <ul style="list-style-type: none"> • Involving Your Children in Caring for Grandparents • Fostering Healthy Relationships Between Generations <p>End of Day 1</p>	

9 November (Sunday)

0800 - 0900	Registration	Potential Speakers / Panellists:
COMMUNICATION & CONFLICT RESOLUTION IN PARENTING Effective communication and conflict resolution are essential skills for parents navigating the challenges of raising children. This session will explore practical strategies for fostering open, respectful communication within the family, ensuring that both parents and children feel heard and understood. It will delve into conflict resolution techniques, helping parents manage disagreements constructively and model healthy problem-solving for their children. Participants will learn how to address conflict without escalation, maintain a positive family dynamic, and teach children essential emotional regulation skills. The session will equip parents with the tools to strengthen relationships and create a harmonious home environment.		
0900 – 0945	Mastering Communication and Emotional Balance in Parenting <i>Possible areas of coverage :</i> <ul style="list-style-type: none"> Foundations of Effective Communication in Parenting Understanding the Role of Non-Verbal Communication Setting the Stage for Open, Respectful Communication Conflict as an Opportunity for Growth Emotional Regulation in Conflict 	Cognitive Behavioural Therapists Family Life Educators Communication Specialists Psychologists Mediators
0945 – 1030	Positive Approaches in Communicating with Your Child <i>Possible areas of coverage :</i> <ul style="list-style-type: none"> Dealing with Power Struggles and Defiance Positive Reinforcement in Communication Collaborative Problem-Solving with Children Conflict Resolution Techniques for Different Age Groups Techniques for Helping Children Develop Self-awareness, Emotional Regulation, and Effective Communication Skills 	
1030 - 1115	Cross-Generational Conflicts in Extended Families <i>Possible areas of coverage :</i> <ul style="list-style-type: none"> Understanding Generational Differences Communication Barriers Between Generations Managing Disagreements on Parenting and Child Rearing Conflict Resolution Strategies for Extended Families 	
1115 - 1300	Break	
PARENTING FOR RESILIENCE This session will provide parents with practical strategies to build their own resilience in challenging times. This session will also focus on effective techniques that parents can use for nurturing resilience in children, equipping parents with tools to help their kids develop the emotional strength, problem-solving skills, and adaptability needed to thrive in an ever-changing world.		
1300 - 1345	Building Parental Resilience <i>Possible areas of coverage :</i> <ul style="list-style-type: none"> Importance of Resilience in Parenting Common Stressors and Challenges Faced by Modern Parents The Impact of Resilience on Child Development Identifying Signs of Parental Stress and Burnout Practical Self-care Strategies for Parents Addressing Unrealistic Parenting Expectations How to Practice Self-compassion and Let Go of Guilt Mindfulness Techniques to Stay Present and Reduce Stress 	Clinical Psychologists Family Therapists Parenting Coaches Child Development Specialists Mindfulness Instructors Social Workers Life Coaches with Specialisation in Parenting Financial Planner Economist
1345 - 1430	Financial Literacy: Preparing Children for Responsible Financial Decisions <i>Possible areas of coverage :</i>	

	Strategies on How Parents Can Introduce Financial Responsibility, Budgeting, Saving, and the Value of Money to Their Children at Various Ages	
1115 - 1300	Break	
1500 - 1545	<p>Accountability and Responsibility: Preparing Your Child for Adult Life</p> <p><i>Possible areas of coverage :</i></p> <ul style="list-style-type: none"> • Defining Accountability and Responsibility • The Role of Parents as Role Models • Practical Strategies for Teaching Accountability • Instilling Responsibility through Daily Tasks <p>Preparing for Adult Life: Balancing Independence with Support</p>	<p>Child Psychologists Child Development Specialists Educational Psychologists Behavioural Therapists Ethics Professors or Researchers Parenting Experts Life Coaches (Specialising in Children or Family Dynamics) Social Workers Educators (with a focus on Emotional and Social Learning) Youth Mentors or Coaches Religious Leaders or Clergy Judges or Legal Professionals</p>
1545 - 1630	<p>Ethical Decision Making: Teaching Your Child to Make the Right Choices</p> <p><i>Possible areas of coverage :</i></p> <ul style="list-style-type: none"> • Strategies to Help Children Grasp the Concept Ethics in Everyday Life • Advice to Help Children Evaluate Situations by Considering the Consequences of Their Actions • Making Ethical Decision-making and Compassion • Handling Mistakes and Learning from Them 	
1630 - 1715	<p>Courage and Leadership: How to Raise Children Who Are Brave and Ready to Lead</p> <p><i>Possible areas of coverage :</i></p> <ul style="list-style-type: none"> • Strategies for Helping Children Develop Leadership Skills, Courage, and the Ability to Inspire and Guide Others with Confidence. <p>End</p>	