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All of our presentations, assemblies, and workshops can be tailored to a group or school system's interest or requirements. Seminars are available for parents, educators, childcare professionals as well as students in grades K-12.

Social Success in School Seminars

Kindness Counts and Manners Matter

We all want other people to respect us, listen to us and use good manners. In this workshop, we focus on building a culture of kindness and good manners and discuss how that leads to creating mutual respect between adults and children. We talk about removing expectations that children have to be friends with each other and provide strategies for supporting children in getting along, including others and more.

Bully Busting & Managing Meanies

This workshop for elementary school children focuses on preventing bullying before it begins. We will discuss the important difference between bullying and conflict. Kids will learn strategies to stick up for themselves, how to help someone else who is being bullied, language to use when someone is being mean, conflict resolution skills, the difference between tattling and telling, sticking out versus blending in and social self-confidence.

Everyone is Different. Everyone Can Get Along

This assembly is for elementary aged kids and achieves the objective of talking about differences in how kids process information including sensory input. Students learn that everyone is different if their own way. The assembly contains a bullying prevention message as well as a kindness counts and manners matter. The assembly concludes with a group ball game to further instill the lessons learned.

The Maze of Middle School Assembly

The maze of middle school assembly discusses the early teen social struggles that many kids experience. Students will understand that they are not alone in what they are feeling and dealing with daily. Presenters Briggs and Shea even show photos of they looked like in middle school to show that it is ok to feel vulnerable. This assembly has an overall message of empowerment for kids during this challenging time in their development. (also available in trivia game format)

High School Social Trivia

This workshop for high school students focuses on social aspects of high school and young adulthood. In a fun, game show format, we present students with thoughts and strategies for peer pressure, relationships, the future (college and employment), dealing with conflict and bullying situations and online and texting safety and etiquette.

Understanding How College Students with Social Challenges Manage the World

The college experience can be overwhelming for most young adults, but added issues arise when the new college student has social challenges. This seminar address how to coach students to help with executive functioning, anxiety, sensory, hygiene, levels of friendship, conversation skills,

brain filtering, rating problems and problem-solving. This seminar has been appreciated by learning center support staff at the collegiate level.

What is Your Peersonality? Evaluating Soft Skills for Adults

This workshop focuses on soft skills (social skills) for adults in the workplace. In this workshop, we take a look at the different barriers that adults face and different personalities that play into social success at work. Participants will fill out a profile to reflect on personal strengths and areas where social skills may be improved from an adult perspective. We also address teamwork, conflict resolution, and problem-solving strategies.

After School: The Learning Place for Social Skills

Most of us of a certain age may remember coming home from school and being sent out to play until dinner time. With large shifts in our culture, including safety concerns, homework loads, structured activities and families with two working parents, most kids are no longer afforded this neighborhood in-the-trenches social learning experience. Social learning is now happening during recess periods and in after school programs. This workshop focuses on providing after-school program personnel and other child-based program staff our in-the-moment social coaching methodology to help children find social success and to navigate social challenges that occur for all kids. The workshop will introduce key phrases for social coaching children in-the-moment and provide actionable strategies to help children initiate, maintain and sustain positive peer interactions. Topics will include problem-solving, sharing, frustration management, sportsmanship, tattling, managing mean behaviors and more.

Problems & Solutions: Behavior Strategies for Extended Day & Childcare Providers

This workshop provides extended day and other child caregivers with concrete strategies and solutions for common behavior problems. We will discuss how people can be problem creators, problem enhancers, problem victims and problem solvers. We will discuss problems and solutions in five different areas: behavior, anger, social skills, peers, and respect.

It's A Jungle (Gym) Out There: Tips for Managing Behavior For School Helpers

Recess aides, cafeteria staff, bus drivers and other helpers at school are faced with challenging behaviors during the course of a school day. In this workshop specifically for the school "helpers," we'll discuss the different reasons that kids misbehave, how to manage those behaviors effectively and to build mutual respect between adults and children at school.

Bullying & Teasing: Ending The Bullying Cycle

In this workshop, we'll look at the role each player has in the bullying circle: the bully, henchmen, supporters, passive supporters, disengaged onlookers, possible defenders, and defenders. We'll discuss ways to help all children involved in the bullying circle. We'll discuss reasons why some children present a greater target for bullies and how to help personally empower kids to stick up for themselves as well as what can be done to help a bully change his/her behavior.

Social Coaching Seminars

Friendship & Social Coaching: Helping Kids Make & Keep Friends

This workshop explores the barriers to friendship that may be preventing a child from having positive peer relationships. We'll explore how to help a child recognize and overcome these barriers, the important role that adults play in social coaching and how to teach a child social independence.

A Million Little Moments

This seminar provides examples of how social coaching works in real life scenarios. The names are changed but the successful moments are real. Seminar attendees will gain a thorough knowledge of the strategies used to help kids regulate emotions and interact with others to form friendships.

Summer Fun & Friendships: Maintaining the Connection

The summer months can be long and difficult for kids who have difficulty socially. Parents can do much to support friendships that were made during the school year and even find some new buddies during the summer vacation. This seminar will provide many tips and social opportunity ideas.

Social Advocacy: Handling the Greater Social World

The seminar discusses the how parental interactions with family, educators and community members can enhance the social lives of children. Issues that families face daily regarding disclosure, inappropriate interactions, extended family, and community, parenting pitfalls and how to develop personal power and self-esteem will be discussed

Workshops on Emotional Regulation and Behavior

I Feel Worried! Helping Children Manage Anxiety

This seminar is based on the book; I Feel Worried! Tips for Kids on Overcoming Anxiety by Nadine Briggs and Donna Shea. Attendees will gain an understanding of what happens in the brain when anxiety takes over, how to read the early signs when anxiety is building and several strategies for how to manage. Attendees will learn the unexpected ways that anxiety can present itself in children providing an overall greater understanding.

I Feel Mad! Tips for Kids on Managing Angry Feelings

Based on the book of the same name, authors Donna Shea and Nadine Briggs explain common triggers for anger in children. Understanding the causes of anger can help parents guide children to channel their strong feelings in more productive ways. Seminar attendees will learn several proven strategies to manage anger.

I Need to Win! Tips for Kids on Good Sportsmanship

Being competitive can drive kids to do their best, but when they show poor sportsmanship, it can result in lost friendships. Attendees will learn how to help children understand levels of competitiveness, what poor sportsmanship and good sportsmanship looks like with the language to use whether they win or lose.

Behavior: The Language of Children

Children communicate to us through their behavior. Young children especially are limited in their words and abilities to express their feelings. Behavior problems may occur when we misunderstand what a child is trying to tell us. Adults may find themselves continuously disciplining the same behaviors and wondering why a child keeps repeating these behaviors. This workshop will help attendees dig under the behavior and discover what it is a child is trying to tell you and give you simple, yet effective tools for managing behavior issues. We'll explore the role of development, how to "read" a child's temperament and share strategies to assist participants in better understanding the "language of behavior."

Behavior Begins With Respect

Respect is a two-way street. In respecting children, their feelings and opinions, we model for them how to respect ours. This workshop will focus on helping adults teach children respectful ways to interact with others and how to advocate for respect for their family and special needs child from the greater world.

Emotionally Challenging Children: What To Look For & How To Help

A workshop for early childhood educators focused on potential challenges that a child has that may be contributing to disruptive behavior in their pre-school or daycare. We'll explore possible signs of Sensory Integration Dysfunction, Anxiety, Attentional Challenges, Mood Challenges, Autism Spectrum Disorders and more. We'll discuss how to raise concerns with parents as well as strategies to manage children who struggle with these issues in the classroom.

You're Not the Boss of Me: Teaching A Child to be a Flexible Thinker by Being a Flexible-Thinking Adult

You may notice the more you try to force an issue, the harder a child fights back. In this workshop, we will discuss that fine line between employing necessary adult authority and allowing a child to be their own person. We will discuss the importance of teaching a child frustration tolerance and flexible thinking skills using a you-me-we method of problem-solving. Attendees will also learn creative problem-solving strategies as well as specific tips and language to use to decrease conflict and create a flexible-thinking school or home environment.

Parenting Is Not Easy: Tips for Managing Anger in Families

A workshop focused on anger management for families. During this workshop, parents will gain a better understanding of anger and uncover the patterns of anger in their own home. Families will learn the anger rules, strategies to manage anger, communicate rather than retaliate and develop more positive methods of interaction and discipline.

It's Not Nice to Hit People: Understanding and Managing Aggression in Preschoolers

In this workshop, we'll discuss factors and facts about aggression in young children. We'll briefly discuss temperament and how parenting styles affect the way we handle aggression and what external factors may be contributing to aggressive behaviors. We'll explore the steps to managing aggression in children as well as strategies to help your child not become a victim of aggression.

Morning Madness & Bedtime Blues: Strategies for Common Childhood Challenges

This workshop focuses on building a parent “tool kit” to creatively manage common childhood behavior issues. We will discuss parenting styles and their effect on behavior and communication with children. We will talk about discipline as an educational tool, choosing battles and how to avoid behavior issues. Parents will learn strategies for helping children with transitions (particularly in the morning and at bedtime), managing tantrums and defiant behaviors, and dealing with children’s fears and helping kids with homework.

Parenting the Anxious Child

Anxiety in children can often present itself as behavior problems. This workshop will explore anxiety in children and its impact on behavior. Parents will learn how to recognize anxiety, the questions to ask and strategies to help their child manage their worries. We'll discuss the challenges of anxious children including rigid thinking, the need to control their environment and perfectionism.

Parenting Your A-Plus Child

We all have awesome kids. Sometimes our kids have a little *plus* to their awesome – anxious, angry, awkward or active that add a little more to our job as parents. This workshop for parents will provide an overview of what makes your A-Plus child tick and provide concrete strategies to support your child. We'll look at the different variations of these challenges and explore whether or not it could be something else. We'll talk about the facts and myths about diagnosing kids and the effect parenting an A-Plus child has on his or her parents.

Adolescent Workshops

Surviving Adolescents: Outwit, Outplay, Outlast! And The ABC's of Parenting Adolescents

In these workshops on adolescents, we will explore adolescent development and how the exciting, yet sometimes excruciating, process of growing up can impact family life. Surviving Adolescents will explore why teens become “allergic” to their parents and how boys and girls journey through adolescence in similar and different ways. We will talk about how to gain respect from your teen, strategies for parenting a teen as opposed to a younger child and how to avoid the traps our teens set for us and the ones we set for ourselves to establish a healthy relationship with our adolescents. The ABC's workshop focuses in depth on conflict resolution and problem-solving with teens and easy, quick “catch phrases” that parents can use to communicate with their teen as well as hints from teens themselves on how to parent them.

Parenting Tech-Savvy Teens

This seminar will discuss the challenges of parenting teens in today's 24-technology society, how to stay connected, and provide an understanding of why teens act the way they do. Parents will learn how online predators can locate their child online and preventative measures that can increase safety. Internet connection required.

Workshops on Executive Function

FOCUS: Facing Organizational Challenges Using Strategies

Many parents find the task of helping their child overcome organizational challenges, homework struggles, and procrastination an on-going daily battle. In this workshop, we'll discuss strategies for giving your child tools for organization, ways that school and home can work together and the push versus pull methods of helping children accomplish tasks and schoolwork.

Help Me Get My Mom Off My Back: Organization & Time Management Tricks For Teens

In this workshop geared for high school age teens, we'll take a look at the benefits to teens for being organized (more time for your friends or computer) and tricks and tips for organization and time management. We'll look at why people procrastinate, why the "push" method that adults often use to get their teens motivated doesn't work and that there are only two things to organize: time and stuff.

Parenting Peter Pan - Understanding & Managing AD/HD In Children

This workshop for parents will provide a "soup to nuts" view of AD/HD. We'll look at the different variations of attentional issues, explore whether or not it could be something else. We'll talk about the facts and myths about AD/HD and the effect parenting an AD/HD child has on his or her parents. Treatment options will be discussed as well as providing straightforward strategies to help parents more effectively manage the impact that AD/HD has on their family.

Teaching Peter Pan: Understanding A-Plus Kids in the Classroom

Every teacher is invested in his or her students' success. When a challenging child appears in the classroom, the learning process for that child or other children in the classroom can be disrupted. Children who are distracted, appear not to listen and that become defiant are not easy to teach. In this workshop, we will look into and under the behaviors that challenging children present in the classroom, explore some of the myths regarding these children, discuss the effect that Peter Pans may have on educators. We will explore creative classroom strategies, working with parents and keeping a symptomatic perspective regarding challenging children.

Other Seminars

Siblings Have Special Needs Too

A trained sibling workshop facilitator (Sibshop or Moon Balloon), will explore how parents can improve relationships among siblings. The seminar includes discussion about the importance of sibling relationships, the sibling's inner struggle: compassion vs. conflict, and advice on how to nurture positive sibling relationships.

Shhh!...This Is The Library: How to Help Clients Manage Challenging Public Behaviors

Quite often employees of public places experience the need to service clients that may exhibit challenging behaviors. In this workshop, we'll discuss how to look beyond the actual behavior to what need the client may have that can be addressed and tips and tricks to help defuse client behaviors or challenging situations.

Biographies: Nadine Briggs and Donna Shea Managing Partners/Authors



Nadine Briggs, Director of Simply Social Kids, holds dual-graduate level certifications in Coaching Children & Teens and Coaching Children and Teens with ADHD. She is also certified in the Foundations of Positive Psychology, Girl Meets World curriculum and has had training through the Child Anxiety Network. Donna Shea, is the Founder of the Peter Pan Center for Social and Emotional Growth and holds a BA in Behavioral Science from Lesley University in Cambridge and is a pioneer in the concept of a non-clinical approach to social-emotional learning. Shea's award-winning programs have been helping children achieve social success for over

fourteen years. Briggs and Shea are also certified in bullying prevention through the Massachusetts Aggression Reduction Center.

Both Briggs and Shea are parents of children with special needs that include Down syndrome, ADHD, Anxiety, OCD, and Sensory Processing Disorder. They are passionate about helping kids make and keep friends and together formed How to Make and Keep Friends, LLC. Each facilitates community-based social learning groups at their centers in Massachusetts and have created the Social Success in School initiative. This comprehensive group of programs for students, educators, and parents is designed to foster positive social skills and interactions at school and among students. Their focus is to pro-actively prevent bullying before it happens with a focus on strategies and tools to build confidence, promote kindness and empathy, accept differences and teach conflict resolution.

Connect with Briggs and Shea on www.howtomakeandkeepfriends.com, Twitter, and [Facebook](#).

