



Event: Parent Workshop

“Parenting the Now Generation- Connection Safety & Resilience in the Changing World”

Date: 02.08.2025	Time/ Duration: 10 AM - 12 PM
Venue: 3D Theatre	Participants: Parents (Grade 8-11)
Objectives <ul style="list-style-type: none">• To understand the unique traits and needs of today’s generation (Gen Z and Gen Alpha) and reflect on various parenting styles and their impact.• The session explores modern parenting challenges (tech, independence, identity, peer pressure, and mental health).• Focus on learning communication tools that work with today's kids.• Help build stronger parent-child bonds based on trust, boundaries, and mutual respect.• Empower parents with strategies to stay calm, connected, and confident.	
Event Details <p>The parent workshop “Parenting the Now Generation” was conducted with the aim of equipping parents with the tools to better understand their children, foster healthy communication, and navigate the challenges of modern-day parenting. The session was structured to be practical, engaging, and reflective, with a blend of discussions, real-life scenarios, and interactive activities.</p>	
Workshop Highlights <ul style="list-style-type: none">• Understanding the traits and needs of Gen Z and Gen Alpha.• Addressing modern-day parenting challenges (screen time, emotional regulation, and much more).• Exploring parenting styles and self-awareness.• Effective communication and boundary-setting tools.• Reflection-based activities to promote mindful parenting.• Empowering parents to stay calm, connected, and confident in their approach.	
Successes and Challenges <ul style="list-style-type: none">• The content was well-received and appreciated by the participating parents.• The session format encouraged open dialogue and personal reflection.• Practical takeaways and tools resonated with attendees.• Parents expressed a desire for more such workshops in the future.• Low Turnout: Despite the value and relevance of the session, attendance was below expectations. (Challenge)• Promotion Gaps: Last-minute communication and limited visibility of the event may have impacted participation. (Challenge)	
Conclusion <p>While the turnout was limited, the impact of the session was strong and meaningful. The positive response from participating parents reinforces the need for ongoing efforts in parent engagement. With better planning and timely communication, future workshops have the potential to reach and benefit a much wider audience.</p>	

