



CONFIDENT AND MORE CAPABLE PARENTS = HEALTHIER AND MORE RESILIENT KIDS

Even before the pandemic, parents reported that raising kids was more stressful than in generations before. Now, more than ever, parents need extra support to handle challenges, practice skills, and build resilience.

Top 20 Training is delighted to partner with Spark & Stitch Institute to support parents and educational leaders in addressing these challenges. Spark & Stitch Institute's self-paced online classes deliver the latest insights from brain science along with practical strategies to reduce power struggles and build family connections when kids need it most.

Flexibility that caregivers need and deserve.

For parents, flexibility is everything. Parents and caregivers are juggling competing demands on their time and attention and need solutions that fit into their busy lives. Spark & Stitch Institute's online classes consist of short videos and practical downloads that parents can access online or via an app.

Clear, transformational strategies that can adapt to fit different families.

Every family is unique. With access to videos, interactive guides and exercises, and an online community forum, parents are able to find and practice approaches that work for them and their kids.

An investment in parents that reduces stress and isolation while building community.

Give caregivers the ability to engage in the same content, strengthen their parenting toolkit and deepen their connections within your community. Webinar launches, meet-ups or online discussions are great ways to complement the online classes.



A SOCIAL
AND EMOTIONAL
LEARNING COMPANY



Spark & Stitch Institute

Why online classes?

Parenting has never been easy. It is uniquely turbulent, challenging, joyful, rewarding, and stressful in the very best of circumstances. Parents are juggling competing demands on their time and attention like never before. Caregivers deserve evidence-based support, affirmation and concrete strategies that reduce conflict and normalize their experiences.

Parents are looking for providers to recognize that they need additional support that fits into their “new normal.” Spark & Stitch online classes are designed to deliver evidence-based information and strategies using science, warmth and humor - in a format that is accessible and supportive over time.

Dr. Dave Walsh and Erin Walsh have designed workshops and delivered keynotes to hundreds of thousands of parents around the world for over twenty years. They've written best selling books and appeared in national media. Most importantly, they've listened to parents, kids, and teenagers about common challenges and triumphs and channeled everything they have learned into these courses.

How do the classes work?

These online classes are designed to self studies, meaning that parents can engage in the videos and downloads on their own schedules. Each class is designed around key learning modules or “Sparks” that deliver science and strategy around key parenting challenges. Once a participant accesses the course, they receive one Spark a week for the length of the class. Group licenses allow parents to keep access to the course for three to six months so they can return to the content as needed.

Course Design

- Learning modules or “Sparks.” Participants receive one Spark a week.
- Asynchronous video lessons, each 4-8 minutes long.
- Supporting downloads with exercises, prompts, and practical parenting strategies.
- BONUS: Invitation to Spark & Stitch Institute private Facebook group for all online class participants for community and Q&A.

“This is the teen class that I wished for, full of simply presented insight into the teen brain geared towards a better (and happier!) way to parent through connection. Dr. Walsh and Erin present real (not idealized) techniques. They recognize that there will be bumps and bruises along the way and offer guidelines to help identify when typical behaviors & emotions cross over into concerning ones. It is clear that they have a real passion for helping parents and a deep affection for teens.”

Naomi, Parent

“I appreciate how you offer reflection questions about parenting worries and fears that may be driving us to react rather than respond to the challenges of parenting technology. And I love the scenarios and language/step examples for mentoring kids through common requests... I think this all really normalizes the struggles we face and shows there is no one way, even within the role of “mentor” to get it (mostly) right.”

Sarah, Parent

CONNECTED

How to Show Up for Your Kids
in the Digital Age



By Erin Walsh

Powered by
TIGARUS
SPRINGS

CONNECTED: How to Show Up for Your Kids in the Digital Age

A three-week online class that equips parents to be their child's "digital mentor." This class delivers the essential parenting strategies that help kids take advantage of digital opportunities while minimizing risks - all while staying connected to each other. Best for parents of kids ages 8-16.

Why Do They Act That Way?

A six-week online class based on Dr. Dave Walsh's national best selling book with the same title. This class delivers the latest information about the teenage brain in easy-to-understand language along with practical parenting strategies on topics including communication, mental health, and boundaries. Best for parents of kids ages 8-18.



Say Yes to No

**WHY KIDS NEED LOVING BOUNDARIES AND
HOW TO SET THEM**

By Dr. David Walsh and Erin Walsh

Say Yes to No: Why Kids Need Loving Boundaries and How to Set Them

A three-week online class that helps parents understand why limits and consequences are essential to healthy development. This class delivers practical strategies for nurturing emotional regulation, avoiding power struggles, and handling challenging behaviors. Best for parents of kids ages 2-10.

VISIT <https://top20training.com/parent-training/> for more information.

OR

EMAIL onlineclasses@sparkandstitchinstitute.com for more details and a quote.

Pricing is based on a tiered user model. Please ask about education and non-profit discounts.