



LUMS^X

MINDFUL PARENTING

Falak Akhtar Wahla

LUMSx is the center for online learning and professional development at LUMS. We extend LUMS' excellence in teaching and research beyond its borders by leveraging technology and innovative pedagogy. Our courses aim to bridge critical knowledge & skill gaps for Pakistani learners and to meet their diverse learning needs, we offer **Massive Open Online Courses (MOOCs)**, **Hybrid Courses**, **Synchronous (Live) Courses**, and **Free Open Online Courses (OpenCourseWare)**. We intend to harness technology for enhancing access, improving educational quality, and amplifying education's impact.



Course Format: Live-Online

Language: English

Starting Date: 25 May 2024

Registration Deadline: 20 May 2024

Duration: 4 days (2 Weekends) (12 hours)

Price: PKR. 20,000

Early Bird Discount: **PKR. 17,000 (15% Off)**

ABOUT THIS COURSE



Executive functions are a set of mental skills that help us plan, organize, make decisions, juggle multiple tasks, and accomplish everyday chores. For kids and teens, these tasks might be things like starting morning work after entering the classroom, bringing the right materials to class, staying focused despite the allure of digital devices, building new friendships, staying composed during stressful situations, or expressing themselves when faced with adversity. Children who do not have opportunities to use and strengthen these skills, and, therefore, fail to become proficient have a very hard time studying, sustaining friendships, managing their emotions, and adapting to new situations. Left unaddressed, these issues tend to persist and exacerbate over time, leading to adulthood where they may encounter difficulties in various aspects of life, such as maintaining employment, forming and sustaining meaningful relationships and coping with the demands of daily living.

Therefore, developing these skills during childhood stands out as an important and challenging task and parents bear the significant responsibility of strengthening these skills at home. The aim of this workshop is to introduce executive functions to parents of kids in elementary school or early teenage years, providing them with practical strategies and tools to support their children's cognitive development and overall well-being. Parents will gain a comprehensive understanding of the significance of executive functions in everyday life, learning to recognize signs of challenges their children may face in these areas. They will receive practical tips and techniques to enhance each executive function, such as working memory, self-regulation, planning, organization, and emotional regulation. The course will utilize engaging case studies and interactive activities to reinforce concepts and provide hands-on learning experiences.

As a next step, parents will be equipped with specific action plans tailored to their child's individual needs, enabling them to implement these strategies and techniques and continue to strengthen their child's executive function development at home.

LEARNING OUTCOMES



By the end of this course, the students should be able to:

- Develop an understanding of executive functioning skills and their role in children's cognitive development, academic achievement, and overall well-being.
- Understand the core components of executive functions, including working memory, flexible thinking, and self-regulation.
- Recognize common challenges children face in developing executive function skills and their impact on various aspects of life.
- Identify practical strategies and activities to support the development of working memory, flexible thinking, and self-regulation in children aged 6-14 years.
- Apply knowledge of executive function concepts to real-life situations, such as academic tasks, social interactions, and emotional regulation.
- Develop personalized action plans for promoting executive function skills in children, incorporating evidence-based strategies and approaches.
- Demonstrate proficiency in implementing executive function support strategies at home through hands-on activities and role-playing exercises

MEET YOUR INSTRUCTOR



Course Instructor

Falak Akhtar Wahla

*M.Ed. Human Development and
Psychology,
Harvard University*

Falak Akhtar Wahla is a seasoned mental health counselor with a Masters in Human Development and Psychology from Harvard University, certifications in Humanistic Counseling, and a diploma in integrative counseling and psychotherapy. Specializing in emotional well-being, Falak adeptly addresses concerns such as anger management, stress, and anxiety. Her expertise extends to behavioral issues including procrastination, eating disorders, ADHD, and Autism. Providing targeted support, she also addresses social concerns like social anxiety, relationship difficulties, and low self-esteem.

Falak's diverse clientele spans from children with special needs to mainstream adolescents and adults. Going beyond individual counseling, she brings valuable experience in life coaching, group counseling, and play therapy, fostering a holistic environment for clients.

COURSE OUTLINE



Saturday, 25th May, 2:00pm - 4:30pm

Introduction to Executive Functioning Skills

In this module, participants will explore the three main areas of Executive Functioning (EF) skills and their associated tasks. The trainer will delve into potential causes of EF challenges, emphasizing their modifiability through various strategies. The module highlights the crucial influence of early experiences, from infancy through adolescence, on the development of these capacities.

Sunday, 26th May, 2:00pm - 5:00pm

Understanding Working Memory Skills

In this module, participants delve into the critical aspects of working memory and its impact on learning, behavior, and social interactions in children. Participants will also explore common difficulties faced by children with working memory challenges and share their personal experiences.

Saturday, 1st June, 2:00pm - 4:30pm

Understanding Mental Flexibility

In this module, participants will explore the significance of flexible thinking for problem-solving, adaptation, and creativity. The session will address common challenges in flexible thinking that children may encounter. The instructor will provide practical exercises and games for parents to cultivate flexible thinking in their children. The module will encourage participants to brainstorm ways to integrate flexible thinking strategies into their family dynamics, promoting a dynamic and adaptable mindset in children."

Sunday, 2nd June, 2:00pm - 5:45pm

Understanding and Strengthening Self-Control Skills

In this module, participants will explore the crucial components of self-control and its impact on achieving goals, managing emotions, and making responsible decisions. Participants will discuss common challenges faced by children, such as impulsivity and difficulty managing emotions. The session will include reflections on parenting styles, prompting participants to assess how their approach influences their child's self-control. Practical scenarios will guide parents in identifying areas for adjustment, ensuring effective support for their child's self-control development within the home environment.



MINDFUL PARENTING

[ENROLL NOW](#)

As an **online learning gateway** of LUMS, we aim to extend LUMS' excellence in teaching and research **beyond its borders** by leveraging technology.