



Holding Strong, Loving Boundaries (Including Around Social Media, Screens) While Preserving Influence and Connection

How to lead with presence, connection, and confidence.

A seminar for parents and carers.

Big feelings and the behaviours that often come with them are part of growing up, but when emotions run high, even the strongest parent-child connection can feel the strain. Boundaries matter. So does connection. The challenge? How to hold your ground without losing your connection and influence in the process. As parents and carers, we want to hold firm, loving boundaries, but how do we do this in a way that deepens connection, holds them safely, and protects their willingness to turn to us? This seminar is here to help. Whether you're raising little ones, tweens, or teens, you'll gain powerful insights into your child's development and feel even more equipped to lead with strength, connection, and confidence. You'll leave with practical strategies, and a deeper understanding of how to support your child through the tricky moments while holding your ground and preserving your connection and influence. No perfect parenting required. This seminar is ideal for parents, carers, and anyone living or working with young people. We'll explore:

- the neuroscience behind big feelings and behaviour – what's going on in your child's brain, and why that matters;
- how to set limits that stick, without power struggles or constant negotiating;
- what actually works when it comes to discipline (and why the old ways often backfire);
- how to talk about boundaries and behaviour in ways that open conversation, reduces conflict, and minimises resistance;
- how to repair after the rough patches, because conflict isn't failure, it's part of the job;
- when behaviour is extra big – the real reasons behind challenging behaviour, and how to respond effectively;
- how to build a strong emotional toolkit that your child can carry into adulthood
- how to navigate screen-time challenges without daily battles and negotiation – and why it matters more than ever;
- getting kids to open up, and why spontaneous chats are key to safety and trust;
- the 3-step strategy for holding strong, loving boundaries while boosting influence and reducing resistance;
- a simple, ready-to-use family 'Online Safety Contract' that can be used to spark important conversations and set meaningful boundaries without conflict around screen time, social media, gaming, and online activities.



About Karen Young

Karen began her career as a psychologist and is now recognised as one of Australia's leading authorities on paediatric anxiety and the neurodevelopment of children. She is a sought-after speaker, educator, and consultant, and works with parents, schools, government bodies, and child and adolescent-focused organisations both in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written five books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.