



Eggs for Dinner Again? Holding Down the Fort while Your Parenting Partner Works Away From Home. (Target – Employees’ Partners)

Long Distance Families that Work – Healthy Family Functioning While One Partner Works Away from Home. (Target – Employees that Travel)

- Come share and learn about strategies, community resources and parenting information to facilitate healthy family functioning while one parenting partner works away from home.

Presentation outline is based on Health Canada, Growing Miracles (Three Cheers for the Early Years), Parent Effectiveness Training, and Invest In Kids Recommendations.

Presentation Objectives

- Participants will explore the joys and challenges of parenting “in the fort” and “from the field”.
- Participants will discover essential relationships, in the family, friends or community, to help ease the challenges.
- Participants will discover their parenting role, and how to handle different parenting styles.
- Participants will learn the importance of communication and how to keep in touch over long distances.

Target Audience

Parents or/and their partners who are living or working away from home. It would be helpful if held in a facility where childcare could be provided or hold some amusement for children brought along by partners. (Library)

Presented by

Judy Arnall, B.A., International Award winning Speaker, trainer and author of the best-selling, “Discipline Without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery.” As the wife of a travelling worker, and then a travelling worker herself, Judy knows first hand how the family is affected by rotations with one partner travelling for work. She can provide practical solutions for common problems in parenting, relationships and communication for both the parent traveling and the parent at home

