

Parent Empowerment Workshops

The Arlington Independent School District strives to support parents by providing information on important and relevant parenting topics. Title I parent instructors work with all Title I campuses to present workshops for parents in both English and Spanish. The following workshops will be offered during the school year.

Parenting Workshops

Communicating with Your Child

This workshop introduces communication barriers and discusses the different styles of communication. Participants learn skills for communicating with their children at any age and the importance of listening to their children's feelings.

Effective Discipline (1)

"Stop, don't do that!" or "I'll give you some candy if you....." Does this sound familiar? Do you find yourself wondering if you are providing positive discipline? Is there a difference between discipline and punishment? Are the behaviors that you're witnessing age appropriate? Are you seeking options to help you establish clear and consistent guidelines and boundaries? If so, answers to these and other challenging childhood behaviors will be discussed during this fun and engaging workshop.

Effective Discipline (2)

Why won't my children follow the rules? (2) My children rarely follow the household rules. Ask yourself, am I providing a clear and consistent message, how well do I communicate my expectations, am I caring, do I create or allow my child to have responsibility? If you have answered no to any of these questions, this workshop is for you. We will explore your individual parenting style and ways to turn everyday challenges into scenarios that everyone can thrive.

Peer Pressure

What is Peer Pressure REALLY and Should I be WORRIED? No matter how strong or confident a young person may feel, it is sometimes hard to resist peer pressure. This workshop will provide participants information to recognize and understand the effects of peer pressure both positive and negative. Participants will also experience interactive scenarios to help children get out of "sticky", peer pressure situations.

Sibling Rivalry

Every parent dreads the shrill of two children bickering, "She's touching me" or "Why do you always get to go." Siblings who bicker can wear parents down. Is it possible that parents are fueling sibling rivalry? In this insightful workshop, participants will discuss the causes and benefits of sibling rivalry as well as techniques to help children develop the necessary tools to manage conflicts on their own.

Staying Engaged with Your Junior High Student: Step Back, Not Out

This workshop discusses family engagement and involvement at the middle school level. Participants explore ways that parents can stay engaged in their teenagers' lives.

Strengthening Your Child's Character

Are you looking for ways to strengthen your child's character? This workshop will discuss strengthening your child's character based on developmental stages and focus on who and what influences children's character. Through discussion and role-play, we will explore ways to teach children how to respect others, show kindness and have good manners.

Teen Drama: Is Your Life a Soap Opera?

This workshop engages participants through facts and interactive activities that explain why adolescents think and act the way they do. The presenter provides numerous ideas for maintaining self-esteem during the teenage years.

Home-to-School Workshops

Making the Most of Parent-Teacher Conference

This workshop identifies ways that participants can prepare for parent-teacher conferences. Best practice strategies are presented for participants to use during their conference time. Participants gain hands-on experience by preparing questions to ask during the conference and through role-playing a parent-teacher conference.

Summer Learning: Stay Sharp in the Summer

This workshop discusses the implications of "learning loss" over the summer when academic concepts are not practiced. The course provides parents with fun, practical hands-on activities that reinforce the learning process throughout the summer months.

How Do I Pay for It All?

Our inspirED FAFSA workshop assists students and parents with filing the Free Application for Federal Student Aid, otherwise known as the FAFSA.

Let's Go to College!

Our inspirED college preparation workshop encourages students and families to be college-ready. Participants receive guidance on the college admissions process, including tests, scholarships, and the online financial aid application.

Is It Bullying or Bad Behavior?

This workshop dispels the myths and presents the facts about bullying. This workshop prepares them with knowledge to use, whether their child is being bullied or is the bully. Participants learn how to identify bullying, report incidents, and keep records.

Health and Wellness Workshops

Creating Safe and Healthier Meals

This workshop stresses the importance of safe food handling.

Balancing Your Day

This workshop presents meal planning as a way to lower stress.

Getting to know You

How well do you know yourself? What really makes you TICK? Your personality color RED, Green, Blue or Yellow, gender and birth order all play a role in the way you parent and relate to your children. Getting to know you will explore what makes you tick through fun and interactive activities that will give you a better understanding of yourself and your child.

Internet Safety

This workshop will provide participants with information about the effects of excessive screen time, how to manage internet time, and what apps to be aware of for your child's safety. This course will also walk you through how to set up your cell phone to best protect your child from potential predators and the possibility of them becoming addicted to too much screen time.

Oral Health Care for Children

Poor oral health can have serious consequences if left untreated. Children with poor oral health have difficulty sleeping, eating, and speaking, and these problems can affect their ability to learn. Participants learn how to promote oral health and prevent tooth decay among the members of their family. This workshop is taught in partnership with Children's Oral Health Coalition.

Saving More at the Grocery Store

Participants learn how to stretch their food dollar with different techniques and strategies.

Personal and Professional Development

Building a Basic Budget

This workshop encourages participants to keep track of their expenses, consider their wants and needs, recognize that money management is about making wise choices, and practice living within their means. Participants receive a sample budget sheet and create their own budget. This workshop is taught in partnership with Texas Trust.

Understanding Credit: Reports, Bureaus and Scores

This workshop empowers participants to take a proactive approach toward their credit. Participants learn how to request and interpret their credit report, understand their credit score, and use credit to improve their financial lives. Participants learn how to receive better mortgage, loan, and credit card interest rates as well as improve their job hunting and home rental options. This workshop is taught in partnership with Texas Trust.

Identity Theft Prevention

This workshop helps participants learn the importance of keeping your personal information safe, how people fall victim to identity theft, how your information may be used, and what steps to take in case you are a victim of identity theft. This workshop is taught in partnership with Texas Trust.



Myra McGlothen-Sutton is a Title I Parent Facilitator in the Parent and Community Engagement Department. Myra grew up in Arlington and graduated from Sam Houston High School. She holds an associate's degree from Tarrant County College, a bachelor's in social work from Texas Christian University, and a master's in social work from the University of Texas at Arlington. Before joining the PACE Department in 2016, Myra worked for a local non-profit agency. Myra is a licensed social worker.

1141 W. Pioneer Parkway
Arlington, TX 76013
(682) 867-7715
aisd.net/PACE