

HOW TO TRAIN YOUR
DRAGON
PART 2

VIRTUAL SESSION



PARENTING WORKSHOP

WITH *Sahil Adeem*

24 **AUGUST**
10:00 AM - 6:00 PM

Join live from
Anywhere in the World

Contact for info:

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Parenting Archetypes

Parents shift between four key roles: Nurturer, Guide, Protector, and Disciplinarian as children grow.

Mothers often anchor emotional development, while fathers reinforce boundaries and identity. These roles evolve from infancy to adolescence, helping parents meet their child's changing needs with wisdom and balance.

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Masculinity, Femininity & Identity Development in Islamic Psychology

- Masculinity: Responsibility, protectiveness, grit, calm leadership
- Femininity: Emotional intelligence, nurturing strength, dignity, grace
- Importance of gender clarity and honor in Islamic worldview
- Impact of androgynous social norms on identity crises

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Parenting Styles & Their Psychological Footprint

- Authoritarian: Fear-based, obedience-heavy often results in rebellion or passivity. Permissive: Overindulgence leads to entitlement and lack of discipline.
- Authoritative (ideal): Balanced love and structure builds self-regulation and confidence.
- Legacy of parenting decisions on long-term psychological outcomes.

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Cultivating Identity & Inner Competence

- Identity rooted in: Faith, purpose, belonging, more clarity.
- Inner competence:
- Developing resilience, autonomy, goal orientation, & a growth mindset.
- Encouraging mastery through challenge.

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Understanding Gen Z & Teenage Neurobehavioral Trends

- Trends: Dopamine addiction (screens), short attention spans, anxiety, identity confusion.
 - Neurodevelopment: Delayed executive function due to overstimulation.
 - Solution: Boundaries, purpose-driven conversations, & real-life experiences.

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Spiritual & Moral Formation in a Hypermodern World

- Challenges of secular liberal norms, hyper-Sexualization, & moral relativism.
- Raising children with tawheed-based ethics, prophetic character, and firm moral convictions.
- Teaching moral clarity and critical thinking.

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Crisis Parenting

- Parenting in grief, trauma, divorce, loss, or uncertainty.
- Tools for emotional processing, trauma-informed care, & modeling resilience.
- Creating safety through presence, routine, faith, & hope-based narratives.

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The Hidden Costs of Overparenting: Helicopters, Snowplows & Inner Healing

- Helicopter parents: Always hovering reduces independence.
- Snowplow parents: Remove all obstacles children don't develop grit.
- Inner healing for parents to not project fears/trauma on children.
- Letting kids fail, process pain, and grow responsibly.

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Enhancing IQ & EQ

- IQ (Intelligence Quotient): Strategies to build logical thinking, memory, curiosity through play, structured problem-solving, and reading.
- EQ (Emotional Quotient): Building self-awareness, emotional regulation, empathy, and social intelligence using modeling, storytelling, & validation.

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The Science & Spirit of Child Psychology

- Science side: Brain development stages, attachment theory, emotional regulation, behavioral responses.
- Spirit side: Nurturing the child's soul and fitrah (natural disposition), understanding the role of love, discipline, & dua in shaping character.

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