

“How to Handle an Angry or Upset Child?”

“How to Have a Better Relationship With Your Child?”

These 2 questions are often asked by parents whether their children are 6 or 18 or any age between or beyond that range.

When a child is upset, do you leave them to themselves and wait it out until their crying, tantruming or upset passes? Or do you confront and ask them what is causing their upset? Do you confront and ask them to control their emotions so the issue can be discussed and addressed? Is there even a correct way of handling the situation with an upset child?

How do we develop and strengthen our bond with our child when we are all busy with our daily routines and responsibilities? Do we just avoid confrontation? Do we give in to their wants and wishes or insist on what needs to be done? Do we just focus on bonding during weekends and vacation time?

The upcoming parenting workshops will use examples and applications based on actual experiences of parents. The attendees are expected to learn specific skills and concepts which are proven to be effective in handling situations described above.

The workshop will be based on the principles of Parent Effectiveness Training or P.E.T.

It is a pioneering skills-based training program for parents and has helped millions of parents in over 55 countries around the world. P.E.T. offers proven communication skills and problem-solving steps that are practical, scientific and applicable to the parent-child relationship. Current research validates the effectiveness of using the compassionate and respectful parenting model that award-winning psychologist and three-time Nobel Peace Prize Nominee, Dr. Thomas Gordon, designed more than 50 years ago. It is helpful to note that the elder William H Gates Sr. has claimed using principles of P.E.T. during the growing years of his son Bill Gates, the founder of Microsoft.

For more information about P.E.T., please click on the links below:

- [P.E.T. Information Video](#)
- [Testimonial of William Gates Sr. and Bill Gates](#)
- [Gordon Parenting Website](#)
- [Why Parent Effectiveness Training Works](#)



Odette Umali is the Founder of Gordon Parenting (www.gordonparenting.com) and brought Parent Effectiveness Training (P.E.T.) to Hong Kong and Macau. P.E.T. is a parent training program which was developed in 1962 by Nobel Prize Nominee and multi-awarded psychologist, Dr. Thomas Gordon. Since then, it has benefitted millions of parents across 53 countries.

In addition to conducting P.E.T. courses and certifying instructors, Odette has helped develop Parent Education programs of different International Schools, Pre-schools and Corporations. Odette has also worked extensively with various NGOs (Christian Action & Free to Run), volunteer groups and social workers to make P.E.T. accessible to less fortunate families of the community. As one of the pioneers of P.E.T. in Hong Kong, she spearheaded the effort to successfully translate the training materials into Traditional Chinese (Cantonese) and for P.E.T. to be accredited by the Macau School Board as a course in the School of Continuing Studies of Macau University of Science and Technology (UST). Odette's articles have been published in SCMP, Expat Parents and Sing Tao Daily, as well as other online media.

Odette has been invited to speak or conduct workshops in corporations such as American Chamber of Commerce in Hong Kong, The Pure Group, Morgan Stanley, DBS Bank, HSBC, Cathay Pacific Airways, Mayer Brown, Dairy Farm, VF Asia Limited among others.

Prior to founding Gordon Parenting, she was a Corporate Trainer for more than 10 years in Cathay Pacific. She has a degree in Psychology and completed her Executive MBA from Chinese University of Hong Kong. She also holds a diploma on Adult Training and Education from Hong Kong University. She has a daughter (20 years old) who is currently studying Engineering at Cornell University and a son (15 years old) who is a rising Grade 10 at Hong Kong International School.