



XXI Century Parents: The Challenged Generation

A contemporary and thought-provoking course designed for parents, caregivers, educators, and adults who wish to better understand the emotional, social, and neurological challenges of raising children and adolescents in the rapidly changing world of the 21st century.

Modern parenting is taking place in a reality unlike any previous generation has experienced: accelerated technological change, constant stimulation, emotional overload, uncertainty, social fragmentation, and new forms of communication and learning.

This course offers an accessible and compassionate approach to understanding today's children, teenagers, and families through the lens of neuroscience, emotional education, communication, and human development.

Rather than promoting perfection, the program encourages reflection, awareness, balance, and practical tools that help families navigate everyday life with greater empathy, connection, and resilience.

Throughout the course, participants will explore topics such as:

- the developing brain in childhood and adolescence
- emotional regulation in parents and children
- attention, screens, and digital overstimulation
- anxiety, frustration, and emotional exhaustion in modern families
- limits, freedom, and healthy boundaries
- communication that strengthens trust and emotional safety
- the impact of words, tone, and family climate on the brain
- empathy, listening, and conscious presence
- self-esteem and identity in the digital era
- resilience, adaptability, and emotional wellbeing
- parenting under uncertainty and social change
- the importance of community, values, and meaningful connection

The course lasts **2 months** and includes **16 classes in total**, combining live interaction with personal reflection and independent learning:

- **8 synchronous classes** (one per week) dedicated to discussion, guidance, shared experiences, and practical application.
- **8 asynchronous classes** (one per week) in which participants will watch a video, read an article, and reflect on their own experiences and opinions. These reflections will later be explored collectively during the following live session. This dynamic structure creates a meaningful balance between information, introspection, and human connection, allowing participants not only to learn concepts, but also to relate them to their own family realities and personal experiences. All the material used will be uploaded to a digital library to be at hand wherever a participant needs it.

Because parenting in the XXI century is not about having all the answers — it is about learning to grow, adapt, connect, and educate with greater consciousness in a world that constantly challenges both adults and children alike.