

# How to Help Youth Make Their Dreams Come True

Ana Karina Da Silva

PLaton Milk LLC, the United States

## Abstract

Children's dreams and aspirations are often overlooked in discussions about education and child-rearing, despite the fact that they can provide valuable insights into children's interests, passions, and future aspirations. By engaging children in conversations about their dreams and aspirations, parents and educators can gain a better understanding of their children's unique strengths and interests, and provide them with the resources and support they need to pursue their goals. After traveling the world with my book "Emma's Dream" I developed a workshop to create a safe and nurturing space for children to explore their passions and interests provides a valuable opportunity for parents and educators to engage with children in these conversations. Through a variety of activities, including songs, dancing, drawing, and therapy play, children are encouraged to express themselves and develop social-emotional skills. By normalizing conversations about children's passions and interests, the workshop can help parents become more conscious of the ways in which they are raising their children. Parents can be empowered to support their children's aspirations and create an environment that fosters their growth and development. By providing children with the resources and support they need to pursue their dreams and aspirations, parents and educators can help them achieve success and satisfaction in life. The speaker's workshop is a vital step in this process, and is sure to inspire and engage parents and educators alike in this important conversation about the future of our children.

**Keywords:** innovative inspirational