

Upcoming Parent Education Seminars:

February 2nd 8:30-10:00am in the parlor

Taking the Stress Out of Parenting and Building Great Relationships with Your Children

How we handle parenting challenges affects our relationships with our children. **Kathy Slattengren** from Priceless Parenting will introduce a parenting approach that involves responding in positive, effective ways to misbehavior in order to strengthen those relationships. We'll discuss key elements including controlling initial reactions, setting effective limits, using discipline which teaches, responding with compassion instead of anger, avoiding arguments and guiding children to owning and solving their own problems.

For more information: www.pricelessparenting.com

March 9th, 8:30 -10:00am

The Birds and the Bees and Kids: Taking the STING out of talking to your kids about sex

Talking to our kids about sex can be an overwhelming and confusing experience for many parents. **Amy Lang** helps parents talk to with confidence to their kids about sex. We will talk about knowing what to say and when, knowing how to say it, how to make the conversations more effective, how to keep kids safe from sexual abuse and compromising situations through childhood and adolescence, and how to clarify your own personal values about sex, love, and relationship to your kids.

For more information: www.birdsandbeesandkids.com

April 28th, 8:30-10:00am

Kids and Nutrition: How to Nurture and Develop a Healthy Relationship with Food in our Kids

As a registered dietician **Toni Kohn** has spent years developing strategies surrounding eating disorder prevention. We will explore ways that our children can grow up with a love of food that is not consuming and a respect for its nourishing qualities that is not obsessive. She encourages families to speak about, prepare, buy and serve food in ways that promote the family's and individual's health around food.

For more information: www.tonikohn.com