

# PARENTING

at the Family & Play Therapy Center

## Parent/Child Group

Thursdays from 10:15 to 11:45 at the Family & Play Therapy Center  
(2 blocks from Lincoln Dr., between Carpenter Ln. and Pelham Rd.)

This biweekly group focuses on the emotional growth and development that occur in children during the first three years of life. The goal of the group is to assist parents in understanding the optimal responses to a wide range of issues in order to prevent the development of problems in areas such as eating, sleeping, weaning, limit setting and discipline, tolerating frustration, the development of feelings, bonding, molding, healthy communication, anxieties and fears, toilet training, anger and aggression, and separation anxiety. Parents will also learn the significance of these issues at different stages of development. The group is open to up to 10 parents, accompanied by their children from birth to three years of age. Parents are encouraged to read *Oneness and Separateness*, by Louise Kaplan, who made more accessible Margaret Mahler's 20-year study of the first three years of life.

Parents will learn how to distinguish normal, age-appropriate behaviors from behaviors of concern. In addition to offering an understanding of these behaviors, the group leader will offer practical suggestions to help parents to express optimal responses to the behaviors. Appropriate parental interventions can make a major difference in emotional growth and development as a baby continues to develop as a unique individual; the strategies presented can help to prevent social and emotional problems in preschool. The group leader will also be able to help process parents' experiences of the ups and downs of parenting.

Parents in past groups have found it very helpful to be able to address spontaneous issues that come up with children during the group sessions. Whether it is a fear of a balloon or difficulty sharing, attention can be given to optimal responses as issues arise in the group.



The Parent/Child Group meets for 15 sessions, biweekly (except holidays) on Thursdays from November 17, 2005 to June 15, 2006. Group members commit to the first eight sessions (through March 9, 2006). Those group members are encouraged to continue the class until June and will be given priority in signing up for the last seven sessions in the series. New members will be invited to join for the last seven sessions if spaces become available.

**Group Leader:** Mary Beth Hays is a licensed social worker and a family and play therapist with an extensive background in early intervention. She has received postgraduate training in child development, and she has studied the research and methods of Margaret Mahler.

**Assistant:** Kristin Walker is the mother of a son (soon to be 4) and a daughter (10 months) and is pursuing a graduate degree in early childhood education. She will be available to attend to toddlers who may wander within the room and will occasionally offer practical parenting advice.

Family & Play Therapy Center, Inc., 6811 Quincy Street, Philadelphia, PA 19119 Telephone/Fax: 215-844-4321 Web Site: [www.fptcenter.com](http://www.fptcenter.com)

### Parenting/Child Group Registration Form

**Space is limited. We recommend early registration.**

To register, please complete this form and return it with your deposit. If you have any questions or wish to pay by credit card, please call us at 215-844-4321 ext. 1. Thank you.

**Parent/Child Group (8 sessions): \$50 deposit enclosed**

**FOLLOWING THE DEPOSIT:**

- **Plan A:** 3 payments of \$55, due 11/17, 01/12, 02/23
- **Plan B (\$15.00 disc.):** 1 payment of \$150, due 11/17

FOR OFFICE USE ONLY

\$ rec'd: \_\_\_\_\_ check #: \_\_\_\_\_ date rec'd: \_\_\_\_\_ recorded: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ zip \_\_\_\_\_

Home Phone: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_