

PARENTING

at the Family & Play Therapy Center

Parenting Seminars

Thursdays from 10:00 AM to 12:00 PM at the Family & Play Therapy Center
(2 blocks from Lincoln Dr., between Carpenter Ln. and Pelham Rd.)

You are invited to attend Thursday morning parenting seminars in Mt. Airy. The primary focus is on raising emotionally healthy children. Group size is limited to 20 parents. Your child is welcome to attend with you. Presenters will offer information and handouts at each seminar. Discussion of each topic will be included in the presentation.

SCHEDULE: Please arrive at 10:00 to connect with other moms and dads. Speaker will present from 10:15 to 11:45. Event ends at 12:00.

REGISTRATION: To register, please call Laura at 215-844-4321 ext. 1. If you are not able to attend the seminars, but would like to receive future information about parenting events, please provide Laura with your mailing address and e-mail address.



Attend 3 seminars,
and the 4th is free!

Registration Fee: \$20.00
10% Early Registration Discount
(7 days prior to seminar)
We accept Visa and MasterCard.

Seminar Coordinator: Kristin Walker is the mother of a son (4 years old) and a daughter (1 year old) and is pursuing a graduate degree in early childhood education.

DATE	SUBJECT & PRESENTER	DESCRIPTION
Oct. 27	Overview of Emotional Growth and Development of Children (Ages birth to 5 years) <i>with Dottie Higgins Klein, LMFT</i>	This seminar is based on 20 years of landmark research and offers concrete practical advice about healthy parenting. Recommended reading: <i>Oneness and Separateness</i> , by Louise Kaplan
Nov. 10	Limit Setting and Discipline (Infancy to 5 years old) <i>with Patty Segal, PhD (Educ. Psych.)</i>	This seminar will explore age appropriate concepts of discipline, frustration tolerance, delayed gratification, sublimation, and punishment.
Dec. 8	Rapprochement <i>with Dottie Higgins Klein, LMFT</i>	This seminar will explore the normal emotional regression of children from 18 mo. to 3 yr. and how to negotiate this challenging time with the healthiest responses. It will also be of interest to parents of 4- to 6-year-olds who had difficulty with this developmental phase.
Jan. 5	The Lessons of Labor (Pregnancy to 5 years old) <i>with Debbie Ward, RN, MEd</i>	Laboring to give birth is a complex, powerful, and potentially life-changing experience, filled with lessons for living with what is hard in life. We will discover the potential for giving "birth" again and again as a mother, a partner in a relationship, or a women moving through life.
Jan. 19	Aggression within Parents and Children <i>with Tonia Betancourt, LCSW</i>	Helping children to deal with their aggression is an important task for parents, who themselves must struggle to handle their own aggression. We will focus on helping both parents and children to express appropriate aggression and anger, including discussion of imaginative gun play.
Feb. 16	Attaching and Bonding with Babies & Toddlers (All ages) <i>with Mary Beth Hays, LSW</i>	We will discuss healthy attachment from in utero / early infancy through early childhood. Focus will be given to the importance of mother and child bonding in promoting healthy emotional development.
Mar. 2	Healthy Expression of Children's Feelings (All ages) <i>with Donna Landis Brubaker, LCSW</i>	Come and learn ways to help children express a wide range of feeling – happy, sad, angry, scared, etc. – and to respond to temper tantrums, nightmares, and refusal listen. Specific parenting skills and strategies will be demonstrated.
Mar. 23	Helping Children Cope with Loss (All Ages) <i>with Estelle Price, MS</i>	Loss is a universal experience that starts early in life. The significance of every loss is very personal. In this seminar, Estelle will discuss how parents can help their children to experience loss in a healthy way.