



We Help The  Most Of All By Teaching
Children As Social Equals

Nursery • Kindergarten • Summer Camp •
Unequaled Parenting Courses

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FREE PARENT DROP-INS

Kinderschool extends an open invitation to all parents, grandparents, caregivers and guardians to attend our FREE local parenting sessions. Sessions are inclusive and welcoming to all! These drop-in sessions offer encouragement, support and guidance. Please join us to share some quality time, have some fun and share your experiences with the group. Janet Cowan, an experienced teacher and parent educator, will open each session with a one hour presentation followed by an opportunity for sharing concerns and problem solving together.

Monday Sessions- LOBLAWS (Hightech Rd. and Bayview Ave.- upper level) - 9:15-11:15 a.m.

Wednesday Sessions- KINDERSCHOOL (8905 Bayview Ave. – Room 1) - 1:15-3:15 p.m.

OCT 31ST, NOV 16TH 2011 - ENCOURAGEMENT- A misbehaving child is a discouraged child. Here's a chance to focus on specific ways to encourage your child. PRAISE IS NOT ENCOURAGING!! Find out why! When we are encouraging we can avoid mischief and maintain co-operation. An ounce of encouragement is worth a pound of cure.

DEC 5TH, DEC 14TH 2011 – EMOTIONALLY HEALTHY CHILDREN - A child's emotional health is so important because it impacts their intelligence and ability to feel a strong sense of belonging within our society. **HIGHER EQ FOR HIGHER IQ.** Those who integrate well and are strong team members are needed in our world. Discover ways to help children deal effectively with their feelings/emotions so that they can develop the necessary skills to function efficiently in the community.

JAN 9TH, JAN 18TH 2012 – POWER PLAYS – Help! What do I do to get my child to stop hitting me? How can I stop my child from having a melt down or temper tantrum? How do I get my child to eat? Many parents ask these common questions. Gain insight and effective ways to deal with these issues.

FEB 6TH, FEB 15TH 2012 – NIGHT VISITORS – Do you find that your child dawdles at bedtime, wakes you up in the middle of the night and demands extra attention? Learn how to reclaim your evenings and get peaceful, uninterrupted rest so you can face the day feeling refreshed. Who are you sleeping with if not your spouse?

MAR 5TH, MAR 21ST 2012 – FIRM AND FRIENDLY – Help! It feels like my child has taken over and is running me ragged. Parents are in leadership and need to be in charge of their charges. Learn about mutual respect and give your child the security of firm leadership.

APR 2ND, APR 18TH 2012 – DISCIPLINE IS TRAINING – We were raised with the belief that punishment is discipline and children need to suffer the consequences of their behavior. There are alternatives to punishment. Let's discover them together.

MAY 7TH, MAY 16TH 2012 – COMMUNICATION – Choosing your words impeccably is important for winning cooperation. Discover specific ways to talk so children will listen and learn how to listen so children will talk.

JUNE 4TH, JUN 20TH 2012 – SIBLING RIVALRY OR CONFLICT? – We often give payoffs for fighting and perpetuate rivalry between siblings. Learn effective ways to deal with fighting and arguing.

PLEASE INDICATE YOUR COMMITMENT TO ATTEND BY FILLING OUT THE FORM BELOW AND RETURNING IT TO THE OFFICE. KINDERSCHOOL PARENTS ARE ASKED TO RETAIN THE UPPER PORTION AS A REMINDER OF SESSIONS.

Parent's Name: _____ **Phone #:** _____

Session(s) Attending: _____

Child(ren)'s Name(s) and Age(s) _____