



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

On the following dates, you are invited to attend free parenting sessions. This is an **open invitation** to all caregivers, grandparents, guardians and parents. The quality and fun had during these drop-ins inspires us and gives encouragement. We are inclusive and welcoming to all attendees. The first hour of each session is a presentation led by Janet Cowan (an experienced, parent educator and teacher), followed by an opportunity for parents to share their concerns. Guidance and support will be given to problem solve together.

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

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

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 a lot of mischief and maintain co-operation. An ounce of encouragement is worth a pound of cure.

DEC 5th, DEC 14th 2011 - EMOTIONAL HEALTHY CHILDREN Your child's emotional health is so important for it impacts their intelligence and ability to belong socially. **HIGHER EQ FOR HIGHER IQ.** Employers are looking for people who can integrate with co-workers and be strong team members. Discover ways to help your children deal effectively with their feelings so they can grow up with the skills to function well 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? This is a common question many parents ask. Gain insight and effective ways to deal with this issue.

FEB 6th, FEB 15th 2012 - NIGHT VISITORS - Do you find your child dawdles at bedtime, wakes you 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.

APRIL 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 misbehaviour. There are alternatives to punishment. Let's discover them together.

MAY 7th, MAY 16th, 2012 - COMMUNICATION - Choosing our words impeccably, is important for winning co-operation. Discover specific ways to talk so children will listen and learn how to listen so children will talk.

JUNE 4th, JUNE 20th, 2012 - SIBLING RIVALRY OR CONFLICT? - What is the difference? Learn effective ways to deal with fighting and arguing. We often give payoffs for fighting and perpetuate rivalry.

PLEASE INDICATE YOUR COMMITMENT TO ATTEND BY FILLING OUT THE FORM BELOW AND RETURNING 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) _____