



2019 - 2020

P A R E N T E D U C A T I O N S E R I E S

AUGUST:

28th: 9 AM Jenna Laski- Easing Separation Anxiety + Potty Training

Learn why separation is so crucial for preschool children

Identify positive strategies to help support separation

Tips and techniques to help handle the struggle

OCTOBER:

3rd: 9:30 AM Sandy Eiges- "Choosing the school that's right for you" L.A. School Scout

How schools determine whether your child is ready for kindergarten

What are your Kindergarten options

What types of public schools are out there, and how do you qualify

The private school application process

23rd: 6:00 PM Regina Pally- "Reflect to Connect": Reflective Parenting

Teach your child how to self-regulate their emotions and impulses

How to encourage your child to grow up as a competent, responsible adult

Develop problem solving and confidence to reduce stress and worry

NOVEMBER:

16th: 9 AM Parent Weekend Workshop: 2 Speakers and a Yoga Lesson

Heather Turgeon- "The Happy Sleeper"

Bedtime Resistance

Falling Asleep independently

Nap schedules

Pattie Fitzgerald- "An Ounce of Prevention"

Understanding Megan's Law

10 Family Safety Rules

Thorough explanation of Boundaries

FEBRUARY:

11th: 6:00 PM Sheida Ferdowsi- "Managing Stress and Parenting"

Managing stress as parents of young children

Being realistic about time and goals

Practicing coping skills

APRIL:

21st: 9:30 AM Susan Stone- Love & Limits

How limit-setting enhances a sense of security

The benefits of discipline to both parent and child

How to utilize praise to shape behavior

How to set consistent limits in a context of love and support