

# Classes

## Parenting the newborn and infant:

- The importance of trust-building relationships
- Interactions that build strong minds, bodies and spirits
- Routines that encourage balanced growth and development

## Parenting in the preschool years:

- Communication skills that build trust and mutual respect
- Optimism's role in a resilient child
- Boundaries, routines and behavior expectations
- Sibling issues.

## Parenting the school age child:

- Routines that encourage school success
- Goal-setting based on age-appropriate characteristics
- Communication skills to use with teachers and schools
- Painting a positive future with your child
- Practices to encourage a calm body and mind and encourage compassion

## Tweens and Teen:

Yes, your child is completely crazy!

Parents facing the struggles of this age (11-16) may feel adrift and alone in their struggle to communicate with their child. What was once an easy interaction can now turn into a battle. This individual or small group class can help parents better understand the adolescent mind and learn how to reestablish open communication lines while reinforcing important boundaries

## Choosing a preschool:

Important considerations for your child's first school experience

Parents are faced with myriad choices when selecting preschools. There are some essential elements you will want to consider in your final decision, however. This individual session or group class discusses how to begin your search, what questions to ask and how to finalize your choice.