Betsy Brown Braun
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Spring 2013

Individual

PARENTING SEMINARS

Presented by Betsy Brown Braun

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- ***DISCIPLINE DO'S and DON'TS*** **Thursday, January 10, 2013** **7:30 to 9:00 p.m.**

Limits and discipline are challenges for parents of children of all ages as they try to figure out how the world reacts to their actions and behaviors. This seminar will address the whys, whens, and hows of discipline that will lead to the self discipline we want our children to develop.

- ***ELEMENTARY SCHOOL, HERE I COME!*** **Tuesday, January 29, 2013** **7:30 to 9:30 p.m.**

A framework for observing, assessing, and choosing an elementary school will be presented at this seminar. Private and public schools in the City and the Valley will be discussed along with the application process, school visits, interviews, and a timeline for applications.

- ***FOOD, GLORIOUS FOOD!*** **Thursday, April 18, 2013** **7:30 to 9:00 p.m.**

Are food and meal times really glorious? Can a child grow up without eating anything green? How can you have a "family meal" when your child won't sit at the table? This seminar will address the family food wars…meal times, snack times, junk foods, and offer a fresh approach to food and eating behaviors.

- ***GIMME! GIMME! GIMME!*** **Thursday, May 9, 2013** **7:30 to 9:00 p.m.**

In these economic times, it is more important than ever that we raise children who have more gratitude than gimme. This seminar will address the cures for our children's spoilage and suggest ways to cultivate the values we believe to be the most important.

- ***KEEPING YOUR CHILD SAFE*** **Thursday, April 11, 2013** **7:30 to 9:00 p.m.**

This critically important topic will be addressed as we discuss age appropriate prevention and preparedness. The presentation will include: dealing with strangers; child abuse prevention; family safety; what every child needs to know ,and what every parent should know.

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- ***MIRROR, MIRROR:*** **Thursday, March 14, 2013** **7:30 to 9:00 p.m.**
  Your Child's Body Image

Helping our children, girls and boys, to develop a healthy body image is a real challenge in today's "hurry and grow up" world. The factors which contribute to a positive body image and the parents' rolls in its formation will be discussed in this seminar. Practical tips and suggestions for facilitating a positive body image will be offered to parents of even the very young child.

- ***NURSERY SCHOOL KNOW HOW*** **Monday, February 25, 2013** **7:30 to 9:30 p.m.**

This seminar will acquaint you with early childhood programs (preschools/nursery schools) available in the City and Valley. We will discuss school philosophies, a framework for finding the school that is right for your family, and a timeline for observing, choosing, and applying to nursery school.

- ***RAISING A SELF-RELIANT CHILD*** **Tuesday, February 26, 2013** **7:30 to 9:00 p.m.**

Every parent wants her child to be self-reliant. Learning how to cultivate this character trait that will put your child on the path to making his way in a world filled with distractions and saboteurs is what this seminar addresses.

- ***SIBLINGS!*** **Wednesday, February 27, 2013** **7:30 to 9:00 p.m.**

The pleasures of a large family don't have to be overshadowed by sibling problems. This seminar will address sibling relationships, offer suggestions for dealing with the inevitable fights and rivalries, and offer ideas for promoting positive sibling interactions, as well as the pitfalls to avoid.

- ***SMALL TALK IS BIG TALK:*** **Monday, March 4, 2013** **7:30 to 9:00 p.m.**
  Communicating With Your Children

Our children receive strong messages from us all the time. What we communicate and *how* we say it makes a difference. The words we use for discipline, for praise, for feelings, and in casual chat all contribute to the crucial climate of communication. This seminar will talk the talk.

Registration information can be found at http://betsybrownbraun.com/services/register-now/

After December 1, please email to confirm (info@parentingpathways.com) **that there is still space in the seminar(s) for which you wish to register *before* mailing your registration and check.**