



## **Creating Calmness (for professionals working with children) or Parenting With Patience (for parent groups)**

How do you keep calm and get the children in your care to stay calm? Are you flummoxed on how to help fighting children resolve their conflict with other adults and children? Come out to this informative presentation that will equip you with child development knowledge and helpful strategies.

### **Presentation Objectives**

1. Participants will discover some effective tools to regain calmness for themselves. (Time-out)
2. Participants will identify triggers for each child's age and will identify specific caregiving strategies to help children get calm. (Time-In)
3. Participants will examine helpful approaches to problem-solving with children. (Time together)

This workshop is based on the book, *Parenting With Patience*, and can be tailored for a one to three hour session. Depending on time, the following concepts are covered under each objective:

1. Authority styles of structure and nurturing; triggers for adults; ways to take a time-out for professionals.
2. Children's temperament; active listening to children; triggers for children; ways to help children get calm.
3. Overview of child capabilities; assertive I-statements, problem-solving; child-to-child conflict.

This is a popular workshop for professional groups such as teachers, child care professionals, and preschool teachers who work directly with children.

### **About Judy:**

Judy Arnall, BA, is a Distinguished Toastmaster and Certified Canadian Family Life Educator who is a specialist in child development and non-punitive parenting and education practices.

She teaches parenting at The University of Calgary, Continuing Education, and has taught at Chinook Learning, Alberta Health Services, and Families Matter. Her style is informal and interactive rather than reading powerpoint bullet points.

In her 19 year career, Judy has a firm grounding in research from Alberta Health Services and Alberta Education and brings the latest recommendations from both spheres for parents and professionals.

Judy is the author of the world-wide print bestseller, ***Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery*** (translated into 5 languages) and the newly released, ***Parenting With Patience: Turn frustration into connection with 3 easy steps.***

Judy is the parent of 2 teens and 3 university students. [Jarnall@shaw.ca](mailto:Jarnall@shaw.ca) 403-714-6766 for more information. [www.professionalparenting.ca](http://www.professionalparenting.ca)

