



Morning Madness and After-work Arsenic Hour: How to handle the most challenging situations

Parents and caregivers need new tools!

In this presentation, we will explore how parents can move smoothly out the door in the morning and reunite with their children at the end of the day.

Presentation Objectives

- Parents will identify the effect of temperament on transitions
- Participants will plan how to handle their children's separation anxiety
- Participants will determine effective ways to handle after work child tantrums
- Participants will identify 2 areas of challenge for working parents and devise tools to handle more effectively

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. Judy is the author of the world-wide bestseller, ***Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery*** 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 403-714-6766 for more information. www.professionalparenting.ca

