



## Parenting Your Promising Preschooler

They love to be active, ask questions and exert their power over things they can control: eating, sleeping, toileting and learning. If you want to increase the fun, caring and respectful relationship qualities between you and your preschooler, come out to this class and discover what new challenges and fun that life with a preschooler presents! This course aims to increase knowledge, confidence and skills in parenting preschoolers.

This class will cover:

1. Normal developmental changes and challenges; temperament, personality, and learning styles.
2. Understanding parenting styles and the effect on the behaviour of children.
4. Positive discipline techniques, and avoiding power struggles.
5. Effective communication with your child that builds healthy self-esteem and emotional intelligence.

For parents of children ages 3-6 years

Judy Arnall teaches parenting at The University of Calgary, Continuing Education, Chinook Learning, and Alberta Health Services. Judy is the author of the Canadian bestseller, ***Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery*** and the newly released DVD, ***Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love***. Judy is the parent of 5 children. [Jarnall@shaw.ca](mailto:Jarnall@shaw.ca) 403-714-6766 for more information.

