



Parenting Your Savvy School-Aged Child

Parenting the digital generation offers many new challenges and joys. Come out to this class and discover what new changes and fun that life with a school-ager presents! This course aims to increase knowledge, confidence and skills in parenting school-aged children.

This class will cover:

1. Normal developmental changes and challenges, temperament, temper tantrums, picky eating, oral health, and self-care.
2. Understanding parenting styles and the effect on the behaviour of children
3. The importance of play, learning styles, safety and healthy best practices, including the digital world.
4. Positive discipline techniques, avoiding power struggles, and dealing with sibling rivalry.
5. Effective communication with your child that builds healthy self-esteem and emotional intelligence.

For parents of children ages 4 - 12 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 403-714-6766 for more information.

