

## Parent Map Pathways Series:

### John Gottman: **Raising an Emotionally Intelligent Child**

Wednesday, March 3, 7-9 p.m.

Redmond High School Performing Arts Center, 17272 N.E. 104th Street,  
Redmond, WA 98052



In this lively presentation, Dr. Gottman equips parents with a five-step "emotion coaching" process to help their children learn crucial skills. Emotionally intelligent children are more self-confident, physically healthier, do better in school & have healthier social relationships. "Raising an Emotionally Intelligent Child" helps parents enrich their bond with their child.

Dr. Gottman is a world-renowned, *New York Times* bestselling author who has published more than 40 books. He was recently voted one of the top ten therapists of our century & has appeared on "Oprah," "The Today Show" & the "CBS Evening News."

**Description:** Every parent wants their child to have the social and emotional skills necessary to succeed in school and life. In this lively presentation, Dr. Gottman equips parents with a five-step "emotion coaching" process that teaches them how to help their child enjoy increased self-confidence, greater physical health, improved school performance, and healthier social relationships. This presentation is for parents and caregivers of children of all ages. "Raising an Emotionally Intelligent Child" will enrich the bonds between parent and child, which contribute immeasurably to the development of a generation of emotionally healthy adults. For 15 years, Dr. Gottman and his colleagues at the Family Research Laboratory at the University of Washington have studied parents and children, following their development over many years. Dr. Gottman has made numerous discoveries about the powerful impact that emotional processes in families can have on children and their parents. He especially focuses his research on emotion coaching, the impact of marital discord, and the transition to parenthood. To learn more, visit [gottman.com/parenting](http://gottman.com/parenting)

***Dr. Gottman's lectures sell out! Don't get left out; order your ticket today. For more information, go to <https://www.brownpapertickets.com/event/93645>.***

***Fee for Program is \$20 plus a \$1.99 Handling Fee. For a \$5 discount, use "LWSD" in discount code.***

Co-sponsored by Lake Washington School District's PTSA Council and The Little School; Organized by the Parent Map Pathways Series

**Recommended for Parents of Students All Ages**