

Jan Faull presents - **Unplugging Power Struggles: Resolving Emotional Battles with Kids**

Date	Location	Time
Monday, February 8th	Inglewood Junior High Commons 24120 NE 8 th St., Sammamish	7 – 8:30 PM
Mon., February 22nd	Redmond Jr. High School Commons 10055 166 th Ave NE, Redmond	7 – 8:30 PM

Jan Faull will present why power struggles occur, which power struggles parents will always lose, and strategies to deal with them. As children grow, they feel a strong need to be in control of their lives. Some parents instinctively let up on the controls as their child matures, while some children push for control beyond the limits of their own development, maturity, or their parents' comfort level. The end result: power struggles. Learn how to provide the guidance children need and still allow them to develop competency and self-esteem.

Jan Faull, author of the book, *Unplugging Power Struggles: Resolving Emotional Battles with Your Kids*, and a long-running columnist for the Seattle Times, has been a parent educator for more than 25 years. Her energetic, positive messages offer practical advice to parents all over the United States.

Recommended for LWS D elementary school parents
(*This program is not for students*)

Sponsored by the Lake Washington PTSA Council
Questions? Contact Joanne Hall, Chair, Parent Education at jjahall@juno.com or
lwsdparented@gmail.com
