

Monday, May 24th from 1:00 – 2:30 PM

Location: LWSD Resource Center Board Room (16250 NE 74th St., Redmond)

Temperament: Yours and Your Child's. How does it impact parenting?

Presenter: *Jennifer Watanabe*

Children are born with their own style of interacting with or reacting to people, places, and things—their temperament. *Are you and your child compatible?* In this workshop, you'll discover just exactly what temperament is and how it impacts your family life.

Learning to **live with** your child's temperament and **not against** it will not only reduce family friction but will help your child feel loved for who he or she is. During this presentation, you will:

- Learn what temperament is – energy level, sensitivity, introvert/extrovert, etc.
- Learn how to begin the process of managing temperament in the family
- Learn how the concept “Goodness of fit” applies to your family

Jennifer Watanabe is in her 13th year of teaching parent education classes at Bellevue College. She has a private parent coaching practice. She is the mother of two boys, 17 and 13, and her family lives in Redmond. Over the years, Jennifer has worked with hundreds of parents who have wanted to learn more about better discipline strategies and more effective communication techniques. For more information about her work, please visit her website: www.parentcoachingbridge.com.

Recommended for parents of all students

Sponsored by the Lake Washington PTSA Council

Questions? Contact Joanne Hall, Chair, Parent Education at jjahall@juno.com or lwsdparented@gmail.com
