

Temperament: Yours and Your Child's and Its Impact on Parenting

4 Week Series of Classes beginning Monday, October 11th & ending November 1st

Class size limited; Register by Wednesday, October 6th, 2010

Who Came to Live at Your House? And How to Live Together Peacefully! This class will provide a more in-depth understanding of last June's temperament talk. You will learn how to manage when power struggles, lack of cooperation, and overreaction take over. If there is too much conflict in your family, temperament may be a big part of the problem. Mary Sheedy Kurcinka's ***Raising Your Spirited Child Workbook*** will be the resource for this class. When you learn what you can do to manage temperament in your family, your family life and your child's life at school and at home will get better. The series will include:

- Discovering what temperament is and how it impacts parenting
- Identifying your parental challenges related to temperament
- Examining the role extrovert and introvert plays in the family
- Learning how to manage your child's strong reactions, persistence, touchiness
- The importance of unconditional love



Instructor: **Jennifer Watanabe** is the parent of two boys who are 17 and 13. She has been teaching parenting classes for the last 13 years in our community at Bellevue College and Evergreen Hospital. As a parent consultant/parent coach in private practice she also works with parents who need extra support and guidance with their children.

Dates: Mondays, October 11, 18 & 25; November 1
Time: 1 – 2:30 PM
Location: Lake Washington School District Resource Center (16250 NE 74th St., Redmond)
Fee: \$60 per person. Includes book, ***Raising Your Spirited Child Workbook*** by M. Sheedy Kurcinka.

For more information on this program or to enroll go to:

<http://lwptsacouncil.schools.officelive.com/Documents/Temperament%20with%20form%202010.pdf>

Program organized by the Lake Washington PTSA Council

If you have questions or would like to pre-register, contact Joanne Hall, Chair, Parent Education at lwsparented@gmail.com