

Monday, December 6th from 10 – 11:30 AM

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

Great Conversations between Parents & Kids: Top Ten Talks to Have Together

Presenter: Julie Metzger, RN

Conversations are the building blocks within a family to share ideas, build trust, problem-solve, gather information, and share our stories. *What do children hope their parents will discuss with them? How do parents encourage their children to develop their decision making skills? How can parents support their children so that they can navigate friendships and challenges?* Julie Metzger will review current research and strategies for parents on building relationships with their children through conversation.

Julie Metzger, RN, the Co-Founder of Great Conversations, is a well respected presenter on a wide range of parenting issues. She has developed and taught classes on puberty, sexuality and decision making for pre-teens and families for 20 years and has worked with thousands of families in Seattle, Pittsburgh, Palo Alto, and throughout the Puget sound region. Julie is a Nurse Consultant at Children's Hospital and a parent to three adolescents. She and her colleague, Rob Lehman, MD have a website reflecting their work with families – www.greatconversations.com

Recommended for Parents of Elementary Students

Sponsored by the Lake Washington PTSA Council

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