



## FREE Parent Education Sessions!

Registration is open to all parents of pre-K – 5<sup>th</sup> grade  
Mahtomedi students.

**\*3 Separate Sessions – Register for one or all 3!**

Light evening meal and childcare provided.

**Tuesday, January 17, 2012, 6:00-8:00 pm (OHA Flex Lab)**

**“Get Your Child to Listen the FIRST Time!”** “My child doesn’t listen the first time that I ask” is one of the most common parenting complaints. This class offers 21 different options that parents can use to derail their child’s defiance and get results to lower their stress level.

**Thursday, March 1<sup>st</sup>, 2012, 6:00-8:00 pm (OHA Flex Lab)**

**New! “Reduce Bedtime Hassles and Increase Your Child’s Sleep”** - More than 72 million American kids aren’t getting enough sleep. Is your child one of them? Quality sleep is critical for brain development, school performance, behavior and mood. If your child isn’t getting enough sleep everyone suffers. Pick up important strategies for increasing sleep so your child will go to bed and stay in bed. You’ll receive a 10-point checklist, a get-ready-map and sleep inducing rituals that work.

**Tuesday, May 1<sup>st</sup>, 2012, 6:00-8:00 pm (OHA Flex Lab)**

**“EQ: Raise an Emotionally Intelligent Child”** Research studies are documenting that a child’s “emotional intelligence” is a better predictor of success than their IQ. Emotional intelligence is a learned response and parents are the best teachers. In this class, you’ll practice three methods for becoming an “emotion coach” parent so you can raise your child’s emotional intelligence!

**\* Register by Friday, January 6<sup>th</sup>, 2012**

Contact Pam Harein at 651-407-2011 or [Pamela.harein@mahtomedi.k12.mn.us](mailto:Pamela.harein@mahtomedi.k12.mn.us)

Please tell us: how many adults and kids will attend with you; ages of children needing care; any dietary restrictions; & a contact email/phone number.

Toni Schutta is a National Speaker, Author, Parent Coach and a Licensed Psychologist with a Master’s Degree in Psychology. She’s the president of Families First Coaching, an organization devoted to providing parents with practical information, easy-to-use tools and helpful resources that will empower parents and strengthen families.

She’s the founder of [www.getparentinghelpnow.com](http://www.getparentinghelpnow.com)

Parent training sessions are collaboratively funded through Title I parent education and district Integration dollars.