

# Dr. Dan Shapiro's Parent Child Journey

with Sarah Wayland, Ph.D.  
*Guiding Exceptional Parents*

**THIS 10-SESSION PROGRAM IS FOR PARENTS OF CHILDREN (AGES PRESCHOOL THROUGH EARLY ADOLESCENCE) WITH CHALLENGING BEHAVIORS.**

The Parent Child Journey program is designed to help parents identify the source of their child's challenging behavior and learn what they can do about it. During each session, we will discuss proactive strategies for raising children with difficult temperaments and developmental differences. The emphasis is on customizing the strategy to fit each child's unique profile. Different children, different parents, different approaches.

## Winter 2018

**Wednesday evenings, 7:30 to 9:00 pm**

- January 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>
- February 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>
- March 7<sup>th</sup> & 14<sup>th</sup>

## TOPICS

- Know Your Child/Know Yourself
- Time-In and Self-Care
- Engagement and Understanding
- Motivation through Positive Attention
- Self-Motivation & Learning from Experience
- Motivation through Rewards
- Problem-Solving
- Ignoring and Timeout
- Pausing for Empathy and Self-Reflection
- Weaknesses, Strengths, and Independence

**Law Offices of Michael Herman**  
**6801 Kenilworth Avenue, Suite 200**  
**Riverdale Park, MD 20737**  
*Ample free parking.*

**For more information, or to register, go to:**

<http://bit.ly/Winter2018-ParentChildJourney> or [www.parentchildjourney.com](http://www.parentchildjourney.com)

**To reserve your spot, mail check to:**

Guiding Exceptional Parents, PO Box 174, Riverdale, MD 20738.

*Suggested price range: \$150 - \$350.*

*If you pay what you can it helps us keep our program accessible to all.*

Contact for more information: [info@guidingexceptionalparents.com](mailto:info@guidingexceptionalparents.com)



**Sarah C. Wayland, Ph.D. - [www.GuidingExceptionalParents.com](http://www.GuidingExceptionalParents.com)**  
*Helping students with learning differences and their families.*