

Dr. Dan Shapiro's Parent Child Journey

An Individualized Approach to Raising Your Challenging Child

led by Sarah Wayland, Ph.D. of *Guiding Exceptional Parents*

This 10-session program is for parents of children (ages preschool through early adolescence) with behaviors of concern. The Parent Child Journey program is designed to help parents identify the sources of their children's challenges and learn what they can do about them. 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 while taking parents' profiles into account as well. Different children, different parents, different approaches.

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

Spring 2020

- March 9, 16, 23, 30
- April 20, 27 (no class 6th, 13th)
- May 4, 11, 18, 25



St. Jerome Academy
5207 42nd Place
Hyattsville, Maryland 20781

For more information or to register:

www.guidingexceptionalparents.com/in-person-workshops-classes/ OR

www.parentchildjourney.com

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