



Dr. Dan Shapiro's
**Raising Your
Challenging Child**

(Pay What You Can)
Parent Group Training
with

Sarah Wayland, Ph.D.

Guiding Exceptional Parents, LLC

www.raisingyourchallengingchild.com

THIS 10-SESSION PROGRAM IS FOR PARENTS OF CHILDREN (AGES PRESCHOOL THROUGH ELEMENTARY SCHOOL) WITH CHALLENGING BEHAVIORS.

The interactive format is designed to help parents identify the source of their child's behavior and learn what they can do about it.



At each session, Dr. Wayland will provide proactive strategies for raising children with difficult temperaments and developmental differences. Parents will learn to customize their approach to fit their child's unique profile. Different approaches for different kids!

Session Topics

- Know Your Child
- Time -in
- Engagement and Understanding
- Motivation through Positive
- Attention
- Motivation through Experience
- Motivation through Rewards
- Problem Solving
- Time -out and Ignoring
- Pausing for Empathy and Self-Reflection
- Accommodations/Interventions

Winter 2016

Ten Wednesday night sessions

• Sept 14, 21, 28

• October 5, 19, 26 (no class Oct 12)

• November 2, 9, 16, 30 (no class Nov 23)

7:30 – 9:00 pm

Location:

**The Pediatric Development Center
12520 Prosperity Drive, Suite 210
Silver Spring, Maryland 20904**

Ample free parking. Conveniently located to Route 29 and ICC Route 200.

To Register, go to:

<http://tinyurl.com/2016RYCCSilverSpring> or www.raisingyourchallengingchild.com

To reserve your spot, mail check to: Guiding Exceptional Parents, 4711 Sheridan Street, Riverdale Park, MD 20737.

Suggested range: \$150-\$300 for all ten sessions.

Those who can pay more, please help support those who can't.

Contact for more information: wayland@guidingexceptionalparents.com