Understanding Tears and Tantrums
A Parenting by Connection Class

This three week class developed by Hand in Hand Parenting, will give you a different way of seeing tears and tantrums. You will learn how your child’s emotional moments can be useful, and how to respond in a way that maintains the close connection your child needs in order to thrive.

What you’ll learn:
* Why your child “loses it” over the littlest things
* How to handle a tantrum with love and respect
* The science behind crying and its benefits
* Tools to help you parent more confidently

You’ll experience:
* An opportunity to transform your parenting and your family
* Reduced parenting stress
* A warm cooperative family atmosphere you want to share with your children
* Support and respect for you as a parent.

Three Tuesday Evenings, Calmbirth, Mittagong
7-9pm 11th, 18th and 25th August 2015
Class sizes are small so you get plenty of personalised attention.
Cost: $180 per person (includes course manual)

To REGISTER or FIND OUT MORE:
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Hand in Hand Parenting
www.handinhandparenting.org

Hand in Hand Parenting
NURTURING THE PARENT-CHILD CONNECTION