

Reflective Parenting Workshop

Please join Family Services at New Parents Services in Bellevue.

Learn to develop:

- *New ways to communicate with children*
- *A greater capacity to help children regulate their emotions*
- *Increased confidence in parenting*
- *Effective behavior interventions*
- *Awareness of the developmental impact your behavior has on your child*



This new workshop is for parents of 1 to 3 year old children.

START DATE: *Sept 17, 2007*

WHEN: *5:30 to 7pm*

WHERE: *11911 NE First ST, #206
Bellevue, WA 98005*

HOW OFTEN: *This group meets weekly on Monday evenings for 10 weeks.*

COST: *\$150 per participant which includes all 10 weeks. Family discounts and scholarships are available.*

Groups are now forming and pre-registration is required.

Please call 425.450.0332 for more information.

www.family-services.org

Email: nps@family-services.org

REFLECTIVE PARENTING WORKSHOP

Offered by Family Services at New Parents Services in Bellevue.

The Reflective Parenting Program was developed in a joint collaboration between Wright Institute Los Angeles and Family Services of Santa Monica. Its mission is to positively influence in parents their capacity to think and act in a manner that is reflective of and responsive to the emotional needs and intentions of children.

Good parenting requires the ability to be strong and effective in the parenting role, while remaining sensitive and responsive to children's needs, feelings, and motivations.

This innovative 10-week workshop provides parents with a model, which we call reflective parenting that views children's behaviors as meaningful communications that need to be understood. During groups, parents explore their children's thoughts, feelings, and motivations, as well as their own. This process helps parents understand and respond to their children's behaviors in appropriate and sensitive ways.

Both research and parent feedback has demonstrated that this model is an effective way to help parents build stronger and more positive relationships with their children.

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