



2019-2020

PARENT SPEAKER

SAVE THE DATE

JAN
22

Big Feelings: Helping the Anxious Child **Michelle Warsing**

Wedgwood Elementary 6:30-7:30pm

Are your child's worries and fears stopping them from doing the things they want to do? Can your child become resistant or shut down to new experiences or the unknown? Children struggle with anxiety and big feelings at times, and those big feelings can lead to some parents feeling overwhelmed and uncertain about how to help.



FEB
05

Birds & Bees & Kids: When and How to Have the Talk **Amy Lang**

Viewridge Elementary 6:30-8pm

Your child will be online- sometimes safely and, frankly, sometime not. This will influence how they think and learn about sex. Amy will explore how to start an age appropriate conversation based on your values and explore the connection between typical development as well as choices as they get older. Learn why talking about birds and bees keep them safer in real and digital world.



APR
23

An Outdoor Childhood: Kids, Nature, and Health **Linnea Westerlind**

Wedgwood Elementary 6:30-7:30pm

What can improve your child's health, improve focus, lower stress and foster strong social relationships? Nature. Today's kids are busier and more indoor-focused than our own childhoods. It's more important than ever before that we turn the tide and prevent an indoor childhood. Learn how to fit in more outdoor family time with Linnea's suggestions for great outings, awesome parks, and other fun activities.



* Childcare is provided for Wedgwood location presentations.

* Questions? Email sepzol@gmail.com