

PARENTING

Trends & Traditions

MAKE YOUR FAMILY LIFE EASIER

Parenting without Power Struggles

A parenting presentation with Susan Stiffelman, MFT

Monday, April 4th

7:00-8:30 p.m.

Eudora Middle School auditorium
2625 Church St.

Join us and learn:

- How to help kids handle frustration, disappointment and sadness
- How to remain calmly and confidently in charge, and avoid losing your cool when kids push your buttons.
- How to deal with anger and aggression in children and teens.

Meet our speaker:

Susan Stiffelman is the author of *Parenting without Power Struggles*, and the upcoming book *Cool, Calm and Connected: How to Steer Clear of Arguments, Negotiations, and Meltdowns with your Child*.

She is a regular contributor on the Huffington Post and AOL's *Parent Dish*, as well as a source on parenting topics for countless radio, television and newspaper articles across the United States.

For more information or to register to attend:

Online: www.eudoraschools.org/frc

E-mail: frc@eudoraschools.org

Phone: 785-542-4903



**FAMILY
RESOURCE
CENTER**

Serving Families With Children of ALL Ages

Located in Eudora Elementary • 785.542.4903
www.eudoraschools.org/frc

