

# Parenting Bootcamp

*Do you want to know what's REALLY going on inside your child?*

Play isn't just something kids do on the playground- it's the primary language of childhood! Although it's usually the first to get cut due to academic pressures and busy schedules, studies are showing how important play is to a child's emotional, psychological, and intellectual development. The following topics will be discussed:

## **Thinking Outside the Toy Box: Relating to Kids Through Play**

Learn how to enter the dynamic world of children in a remarkably simple but sophisticated way! You will learn how to:

- Help your child open up to you
- Build your child's self-esteem
- Help your child develop self-control, responsibility, and good boundaries
- Have a better relationship with your child
- Recognize your child's feelings and emotional needs
- Reduce or eliminate problem behaviors

## **How to Behave So Your Children Will Too!**

If you ever feel frustrated, tired, hopeless, or guilty when saying "no" or setting limits with children, this is just for you! Learn fun ways to give children the structure they need in ways that improve your relationship with them and leave both of you feeling good.

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