**Winter 2018 Parenting Education Classes & Events**

January 6 **Infant Massage & Motor Development Level 1 Class** at Emerson Wellness Center, Concord. Register: 10-11:00 [www.emersonwellness.org](http://www.emersonwellness.org) For babies 4 weeks and older. $20/2 caregivers.

January 8 **The Pressured Child: Helping Your Child Find Success in School and Life** presented by author

7:00 pm Michael Thompson, Ph.D. This program is, in fact, a presentation for “pressured parents” who may have forgotten what school is actually like. It is a talk for parents who are gripped by worries and misapprehension about their children’s life in school. Held at Concord-Carlisle H.S. Auditorium. Free. For full description and registration: <http://www.centerforparentsandteachers.org/the-pressured-child.html>

January 9 **Infant CPR Anytime Class** will be held at Emerson Hospital and includes a kit to use at home for future

6:30-8:00 pm practice. Register at [www.emersonwellness.org](http://www.emersonwellness.org)

January 11 **Toilet Training with Tender Loving Care** will be presented by Jennifer Gillette, MA. Covers whether your

7-9:00 p.m. child is ready, which potty chair to use, whether to use pull-ups or underwear, whether you should use a rewards system and more. $31/1 person, $51.50/2 people. <https://thelovedchild.net> Held at The Loved Child Parenting Center, 173 Belmont St., Belmont.

January 11- **Introduction to DIR/Floortime for Caregivers of Children with Autism Spectrum Disorders or other** February 15 **Developmental Delays** will be taught by the Astra Foundation and held at Concord Children’s Center.

7-9:00 p.m. This program teaches caregivers how to meet children where they are at to build on their strengths and abilities through creating warm relationships and interactions. Floortime challenges and engages children to go further and develop who they are rather than what their diagnosis says. Includes 6 group sessions and 2 individual family mentoring sessions. One or both parents, grandparents, and babysitters are welcome to attend under one registration. $120/individual or $160/couple or family including caregivers. Contact sarahmeasures@yahoo.com, call 617-413-1355 or go to [www.astrafoundation.org](http://www.astrafoundation.org)

January 19 **The Basics of Infant Feeding** presented by Abigail Brayton Chung, OTR/L and Marahu George, CCC-10:30-12:30 SLP. Covers typical feeding development, types of foods and when to introduce them, how to offer new food and what to expect, baby-led weaning, red flags for feeding disorders, recipe suggestions and more. Held in Concord. $30/person, $50/2 people. [www.emersonwellness.org](http://www.emersonwellness.org) or 978-287-3777.

January 20 **Infant Massage & Motor Development Level 2 Class** at Emerson Wellness Center, Concord. Register: 10-11:00 [www.emersonwellness.org](http://www.emersonwellness.org) For babies 4 weeks and older. $20/2 caregivers.

January 22 **6-Week Group for Parents of Children Aged 4-9 with a Special Need** will be facilitated by Patricia

9:30-11:00 Marquis, LICSW. Parents will learn strategies to help them meet the unique challenges they face on a

 Daily basis. Full description and registration information at: [www.centerforparentsandteachers.org](http://www.centerforparentsandteachers.org). Free. Held in Concord.

January 24 **Tummy Time** presented by Karen Vellieux, DPT. Geared toward parents of babies 0-6 months, focuses on

1-2:30 developing babies neck and shoulder muscles, and promoting motor skills. Free. Infants welcome. Held at First Connections, 179 Great Rd., #104A, Acton. RSVP in case of change in schedule: lmatthews@jri.org.

January 25 **Basic Rights Workshop for Parents of Children with Special Needs** informs parents of their child’s

7-9:00 pm educational rights under Mass. and Federal laws. Location in Groton or Dunstable was not posted at press time: <https://gdsepac.wordpress.com/calendar/lecture-series> Free.

February 1 **Infant Massage & Motor Development Level 1 Class** at Emerson Wellness Center, Concord. Register: 10-11:00 [www.emersonwellness.org](http://www.emersonwellness.org) For babies 4 weeks and older. $20/2 caregivers.

February 3 **Babies & Books Program** at Concord Children’s Center, 1300 Main St., West Concord. This free program 10:00-11:00 for parents and their 0-24 month babies will include tips on fostering a lifelong love of reading, and a story and circle time. RSVP to lyndaferrari@gmail.com in case of weather-related rescheduling.

February 6 **Attunement & Somatic Regulation: A Body-Based Approach Toward Increasing Understanding and** 7-8:30 pm **Resilience** will be presented by Heather Finn, LICSW at Acton-Boxborough H.S. Auditorium. Free

February 7 **Supporting Sibling Relationships** will include how best to introduce a new baby, tools to prevent sibling

7-9:00 pm rivalry and jealousy, strategies to build sibling bonding, how to coach young children to communicat strong feelings, decrease competition and fights, and how best to intervene during challenging moments. Presented by Jennifer Gillette, MA. Held at The Loved Child Parenting Center, 173 Belmont St., Belmont. $31/1 person, $50.80/2 people. Register: <https://thelovedchild.net>

February 12 **An Overview of Positive Discipline** will be presented by Alexis Davis, LICSW, and will introduce the key

6:30-9 pm components to developing a positive discipline plan. With so many parenting approaches, how do you choose the best option for you and your child? Are you struggling to manage your child’s behavior? Is this affecting your relationship? Held at The Loved Child Parenting Center, 173 Belmont St., Belmont. $31/1 person, $56.65/2 people. Register: <https://thelovedchild.net>

February 13 **Infant CPR Anytime Class** will be held at Emerson Hospital and includes a kit to use at home for future

6:30-8:00 pm practice. Register at [www.emersonwellness.org](http://www.emersonwellness.org)

February 15 **Infant Massage & Motor Development Level 2 Class** at Emerson Wellness Center, Concord. Register: 10-11:00 [www.emersonwellness.org](http://www.emersonwellness.org) For babies 4 weeks and older. $20/2 caregivers.

February 20-22 **American Red Cross Babysitter Training Program** will be held at Middlesex Community College in

9-12:30 Bedford for ages 11-15 during school vacation week. Contact Lauren Ellis for more information: 781-280- 3669 or email career\_training@middlesex.mass.edu

February 27 **Sensory Play and Exploration** presented by Chelsea Mello, OTR/L. Geared to parents of 2-3 year olds.

10:00 Learn what sensory play is and why it is important to your child’s development. Free. Held at Concord Carousel Preschool, 1276 Main Street, Concord. Child care not available during the presentation for older children not enrolled in the Social-Emotional Skills Playgroup. RSVP for schedule changes: lmatthews@jri.org

February 27 **Birth Order: How Your Place in the Family Affects Your View of the World** will be presented by Jack 7:00 p.m. Agati, former school counselor and college educator. Snow date 2/28. Free. Held at Stony Brook Middle School, Westford. [www.westford.org/wpc/events.htm](http://www.westford.org/wpc/events.htm)

February 28 **Communication Milestones for Babies** presented by Emma Hill, MS, CCC-SLP. Geared toward babies

1-2:30 0-12 months. Learn what “communication” looks like in an infant, and how parents and caregivers can encourage reciprocal pre-language skills. Free. Infants welcome. Held at First Connections, 179 Great Rd., #104A, Acton. RSVP in case of schedule change: lmatthews@jri.org.

March 2, 9, 16 **Active Parenting 1, 2, 3, 4 Workshop** for new or seasoned parents includes ages & stages of develop-

11:30-1:00 ment, building parent-child bonds, discipline skills, tips on avoiding accidents and problems, choices and consequences, the power of encouragement, and caring for the caregiver. Lunch is included. Free. Held at Lowell General Hospital’s Hanchett Auditorium. Register at: [www.lowellgeneral.org/health-and- wellness/health-and-wellness-programs/parenting-classes/active-parenting-1-2-3-4/03-02-2018](http://www.lowellgeneral.org/health-and-%09%09%09%09wellness/health-and-wellness-programs/parenting-classes/active-parenting-1-2-3-4/03-02-2018) or call 877- LGH-Well.

March 3 **Babies & Books Program** at Concord Children’s Center, 1300 Main St., West Concord. This free program 10:00-11:00 for parents and their 0-24 month babies will include tips on fostering a lifelong love of reading, and a story and circle time. RSVP to lyndaferrari@gmail.com in case of weather-related rescheduling.

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March 5 **Understanding & Supporting Infant Sleep for Parents & Caregivers of Babies 4-15 Months** will be

6-8:30 pm presented by Teresa Stewart, MPH, at the Freedman Center in Newton. Includes setting realistic sleep expectations, introducing a bedtime routine, establishing a nap schedule, when to wean off night feedings, encouraging longer stretches of sleep, how to help an infant sleep in other locations, and an overview of popular sleep strategies. Register: [www.williamjames.edu/community/freedman-centers/sleep.cfm](http://www.williamjames.edu/community/freedman-centers/sleep.cfm) $50/person, $90/2 people.

March 6 **Treating OCD During the Perinatal Years: Pregnancy, Postpartum and Beyond** presented by

7-8:00 pm Lauren Brown, Psy.D.at McLean Hospital’s DeMarneffe Cafeteria Bldg., Room 132, Belmont. Free. No registration. [www.ocdmassachusetts.org](http://www.ocdmassachusetts.org)

March 6 **Thinking in an Organized Way: Executive Function Strategies** will be presented by Sarah Ward, CCC-7:00 p.m. SLP of 360 Thinking. Takes place at Stony Brook Middle School, Westford, [www.westford.org/wpc/events.htm](http://www.westford.org/wpc/events.htm)

March 7 **The Missing Medicine: Listening as a Practice in Healing and Transformation** will be presented by

7-8:30 pm Andrew Forsthoefel and held at R.J. Grey Middle School Auditorium in Acton. Free.

March 13 **Infant CPR Anytime Class** will be held at Emerson Hospital and includes a kit to use at home for future

6:30-8:00 pm practice. Register at [www.emersonwellness.org](http://www.emersonwellness.org)

March 14 **Babywearing Demonstration** presented by Jessica Smith. Do you have a baby carrier but haven’t

1-2:30 mastered using it yet? Are you curious about what type of carrier you might be comfortable using? Bring your own or try out a selection of carriers that Jessica will share. Free. Infants welcome. RSVP in case of schedule change: lmatthews@jri.org. Held at First Connections, 179 Great Road, Acton.

March 17 **Infant Massage & Motor Development Level 2 Class** at Emerson Wellness Center, Concord. Register: 10-11:00 [www.emersonwellness.org](http://www.emersonwellness.org) For babies 4 weeks and older. $20/2 caregivers.

March 20 **Infant Massage c**lass for caregivers and babies 6 weeks to 1 year held at Lowell General Hospital.

12:30-1:30 $15/family. Register at <https://lowellgeneral.org/>

March 20 **Raising Boys in the Digital Age** presented by child psychologist Anthony Rao, author of *The Way of*

7:00 pm *Boys: Promoting the Social and Emotional Development of Young Boys.* Held at the Waldorf School, 739 Mass. Avenue, Lexington. Free.

March 26 **Play-Based Language Development** presented by Angelo O’Hara, CCC-SLP. For children aged 1-5, play 10:00 is the way children learn new skills, and language is one of the most important skills children learn while they play. Angela will share what caregivers can do to build their child’s vocabulary during the preschool years. Free. RSVP in case of schedule change: lmatthews@jri.org. Childcare not available unless your child is enrolled in the playgroup taking place at First Connections on Monday or Wednesday mornings.

March 27 **Sensory Play and Exploration** is geared to parents of 3-5 year olds. Learn what sensory play is and why 1:30-2:30 pm it is important to your child’s development. Free. Held at St. Marks Preschool, Westford. Child care not available during the presentation unless enrolled in the STEAM Playgroup. RSVP for schedule changes: lmatthews@jri.org

March 30 **The Basics of Infant Feeding** presented by Abigail Brayton Chung, OTR/L and Marahu George, CCC-10:30-12:30 SLP. Covers typical feeding development, types of foods and when to introduce them, how to offer new food and what to expect, baby-led weaning, red flags for feeding disorders, recipe suggestions and more. Held in Concord. $30/person, $50/2 people. [www.emersonwellness.org](http://www.emersonwellness.org) or 978-287-3777.

March 31 **Babies & Books Program** at Concord Children’s Center, 1300 Main St., West Concord. This free program 10:00-11:00 for parents and their 0-24 month babies will include tips on fostering a lifelong love of reading, and a story and circle time. RSVP to lyndaferrari@gmail.com in case of weather-related rescheduling.

April 9 **Dogs & Storks** presented by Lisa Bert of Family Paws Parent Education. Ease into the transition from

6-8:00 pm being a pet parent to a parent with pets in this internationally acclaimed presentation which addresses concerns and provides options for people who are or will be caring for babies and dogs together. Great for anyone pregnant, expecting an adopted child, with a child 4 months and younger, or just planning ahead. Help your 4-legged members of the family feel more comfortable with changes already happening in their lives. Held at Lowell General Hospital. Free. Register: [https://www.lowellgeneral.org/health-and- wellness/health-and-wellness-programs/getting-ready-for-your-baby/dogs-and-storks](https://www.lowellgeneral.org/health-and-%09%09%09%09wellness/health-and-wellness-programs/getting-ready-for-your-baby/dogs-and-storks)

**Available Online through Local Resources Free of Charge**

**“How to Parent Children with Behavioral Health Issues”** presented by Grow a Strong Family, Inc.

<http://growastrongfamily.org/parenting-children-wbehavioral-health-issues/>

**“Are Your Kids Addicted to the Computer”** presented by Benjamin Silverman, M.D.

<https://www.youtube.com/watch?v=Kbh-QdYWqd4&feature=c4-overview&list=UUpGZoHgJ7H08Lcm7aj90Gfw>

**“The Parents We Mean To Be”** presented by Richard Weissbourd, Ph.D. The widespread desire of parents to be closer to their children – a heartening trend in many ways – and their intense focus on their children’s happiness and achievements can turn children into self-involved, fragile conformists. Has our intention to be “positive parents” gone too far? Is praising our kids constantly good for a child’s moral and emotional growth? <https://www.youtube.com/watch?v=Eq7TEOKfHYw>

**“Pressured Parents, Stressed Out Kids”** presented by child researcher and author Wendy Grolick. Though it begins harmlessly, the older children get the more competition they face – whether academic, sports or the arts. Before you panic about our competitive society, come hear how to turn your protective anxiety into calm guidance.

<https://www.youtube.com/watch?v=LgJT8M5FZYM>

**“How to Build Resilient and Successful Children”** presented by developmental psychologist and author Richard Lerner. There are developmental assets all children need to be healthy and successful. Dr. Lerner believes family assets are the most important factor in positive youth development. Learn what you can do to insure positive development in your children.

<https://www.youtube.com/watch?v=Cm5VRMCqgWw>

## “Five Secrets to Predicting and Preventing Your Child’s Negative Behaviors” presented by Jill Vetstein, LICSW.

* Do you deal with the everyday frustrations of caring for small children?
* Feel puzzled by your child’s negative behavior and feel like you have tried everything to stop it all to no avail?
* Feel like your children don’t care about the consequences you impose?
* Feel tired, beat up, and exhausted?
* Want to learn how to prevent negative behaviors with any child in any setting?
* Want to regain control, stop the power struggles, and start having fun with your child again?

 Would you like to learn how to get unstuck? Would you like to feel like you have made progress with your child’s behavior? <http://www.nurturingparentsandteachers.com/free-training-5-secrets/>