

Fall 2023 Free Live Parent Webinars – email Imatthews@jri.org to register

Three Must-Have Skills to Respond, instead of React, When Kids Won't Listen!

presented by Kathy Whitham, R.N.

Wednesday, October 4, 6:30 p.m.

There are three parenting skills you can't do without (and probably didn't learn from your parents) when it comes to responding vs. reacting to get through to your child when they won't listen. In this 1 hour webinar, you'll learn the importance of the following for less frustration and more ease and confidence:

1) Getting their attention, 2) Recognizing transitions, and 3) Connecting with their emotional age

In this live webinar, you will learn practical strategies and quick tips for quick wins to help you:

1) Avoid yelling to be heard, 2) Increase cooperation and connection, 3) Be the parent your child talks to

Little differences in how you respond to things can lead to very different results and much more positive interactions. (Direct quote from a recent client). This webinar will include 15 minutes for questions.

Kathy Whitham is a nurse turned trauma-informed Parenting Coach, child behavior specialist, mom and poet. She helps parents and caregivers at their wit's end, understand what's happening with their child and learn to respond rather than react to button-pushing behaviors. Her *No-Yell™* system promotes connection and communication and lies at the intersection of brain science, attachment theory, inter-generational family dynamics and parents' inner wisdom. Find out more about Kathy at <https://www.parentingbeyondwords.com/>

Picky Eating in Toddlers

presented by Pediatric Occupational Therapist Anna Knox

Wednesday, October 18, 1:00-2:00 p.m.

"Picky" eating phases or patterns typically begin between ages 1 and 3, and can feel tricky to manage alone. Picky eating doesn't usually go away on its own, and may require parents to really work at it through changes to routines, food presentation or expectations. With the priority of safe and joyful mealtime experiences, there are many supports that can help prevent the dinner table from turning into a battleground. The role of the parent, child and environment in feeding will be defined. Anna will give an overview of the spectrum of picky eating behaviors, strategies to prevent and respond to picky eating, and let us know when a more formal evaluation might be called for.

Pelvic Health Presentation

presented by Emerson Health Pelvic Health Specialists

Wednesday, November 15, 1-2:00 p.m.

There are many changes that a pregnant person's body undergoes. After delivery it generally takes 9-12 months to recover from these changes, regardless of how your baby was delivered. The Pelvic Team will discuss these changes, and symptoms that indicate exercises may be needed to re-establish your core strength, allow the body to restore efficient muscle control, and minimize risk of chronic conditions.

Choosing a Child Care or Preschool

presented by Ellie Springer, M.Ed.EC

Wednesday, December 6, 7:00 p.m.

If you are planning to enroll your child in preschool in 2024, or are looking for child care, you may have questions about how to find a program that will be a good fit for you and for your child. In this virtual meeting, we will discuss what options are available in the area, and what questions to ask schools when visiting. Handouts and an up-to-date listing of local schools and child care providers will be provided. Ellie's teaching degree is in Early Childhood Education and she has worked in numerous types of preschools.