

Sutter Park PTA presents:

Tools for your Parenting Toolbox

Tips and Techniques to help you enjoy being a parent to a preschooler!

Yvonne Gustafson, PhD co-author of *Tools for the Toddler Years: parenting support for the time-crunched, always interrupted, mobile, multi-tasking parents of toddlers*. Dr. Y has a deep understanding of child development and is attentive to parental needs, stressors and family dynamics. Her goal is deliver solutions that work, that build parent confidence, and ready parents for their next challenge. Sign up for her free monthly newsletter: <http://your-parenting-matters.com/newsletter-list/>

Discipline: easy as 1, 2, 3!

Intro to Basic Discipline Strategies: Environmental management, Time In and Time Out, Natural & Logical Consequences—what they are and what caregivers need to know to use them effectively.

We could all use some fresh ideas when it comes to parenting preschoolers! Come hear **Dr. Y's** strategies to fine-tune your approach; *presentation will be followed by a question/answer session.*

Thurs., April 23

Sutter Park, Rm 122

3 sessions available to fit your schedule!

9-10 a.m. + Q & A

1-2 p.m. + Q & A

6:30-7:30 p.m. + Q & A*

***Childcare available for evening session only**

Yes, I plan to attend: _____

Parent(s)name

_____ Thurs, April 23, 2015 9-10 a.m.

_____ Thurs, April 23, 2015 1-2 p.m.

_____ Thurs, April 23, 2015 6:30-7:30 p.m.

Childcare available, **evening session only**, for Sutter Park students and their siblings (toddler and up) while guardians attend session. **PRE-REGISTRATION REQUIRED FOR CHILDCARE** ; please return form to teacher by **Friday, April 17**. Questions? Contact Jane Witherspoon, president@sutterparkpta.org

Child Name(s): _____

Age(s): _____

Allergy Concerns? _____

Medical/Behavioral Concerns? _____

Teacher name: _____

Phone/E-mail: _____