



Parenting is one of the most creative and exhausting jobs you'll ever have. Sometimes you'll find yourself saying or doing something to your child you swore you'd never do!

In this 6 session class, we will introduce a philosophy and practice of parenting based on the latest research about brain and child development that promotes life-long connections and learning.

Through discussion groups, theory, role playing, and specific problem solving, participants will learn:

- How to set and hold limits with empathy.
- Self-regulation techniques and the tools to build emotional literacy.
- How to form developmentally appropriate expectations of a child.
- How to build and sustain a connected relationship.

**AN EMPATHY-LED PARADIGM FOR
RAISING CHILDREN**

www.echoparenting.org

PARENTING CLASS

**Wednesdays
Oct. 12 - Nov. 16, 2016**

7:00pm - 9:00pm

**Facilitated by
Sarah Straton,
Certified Parent Educator**

Fee: \$300 per person
\$450 per couple

Location: 1102 Aviation Blvd.
Hermosa Beach, CA
90254

For more information go to
www.echoparenting.org
find Private Parenting Classes
under Parenting Programs

or contact

Azucena Ortiz at
(213) 484-6676 ext 311
aortiz@echoparenting.org
or Sarah Straton
(310) 379-9969
ssstraton@gmail.com

Seating is limited.
Please register by Oct. 10, 2016