

Ask the Expert: Strategies to improve your child's behavior.

Instructor:

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Pediatric Behavior Specialist

Upcoming Sessions:

October 24, 7:00-8:00 pm

November 7, 11:00 am-noon

November 28, 7:00-8:00 pm

December 5, 11:00 am-noon



Is taking your kids to the playground a struggle?

Do you have a battle in the back seat of every car ride?

Can't get the kids to stop playing video games or put down their phone?

This new, once-a-month, interactive group is ideal for families who are experiencing difficulty managing some aspect of their children's behavior. The discussion can address challenges like toilet training and sleep issues, to traveling with children – whether it's a short car ride or a journey on a plane or train – and provide tips for making each of these challenges less of a struggle. For example, if "Fortnite" is taking over your child's waking hours, the topic of how to moderate online gaming and media consumption and encourage alternative play could be discussed, or if getting your child to eat healthy foods is a problem, diet can be a focus.

Participants will bring their own behavior topics of concern and questions to address, and the moderator will help parents and caregivers:

- Recognize potentially triggering situations for disrupting behaviors,
- Apply behavioral strategies over the triggering situations,
- Use behavioral tools in their own specific family settings,
- Stabilize calmer routines, either at home or away.

The group is held on Wednesdays at the Center for Developing Minds, and the fee for each family is \$50 per session, which includes take-home materials as appropriate. If you are interested in enrolling, please contact the front office staff to reserve a spot, because space is limited. For families experiencing a variety of, or more significant, behavior challenges, additional private sessions with our behavior experts can be scheduled.



To register for these programs, please contact the Center for Developing Minds at 408.358.1853
www.devmonds.com

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