

*The Center for Developing Minds Family Series presents:*

# **How to Survive Summer Break**

## **Keeping Your Family Life Calm and Enjoyable**

### **Instructor:**

**Victoria Tenenbaum, B.A., BCaBA**  
Pediatric Behavior Specialist



### **Class Schedule:**

**June 22, Thursday evening, 7:00-8:30 pm or**

**June 27, Tuesday morning, 10:00-11:30 am.**

**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?**

The new class, "How to Survive Summer Break," is ideal for families with children who are experiencing difficulty managing their children's behavior, while making summer activities like going to the park or the pool, pleasant and safe. The course will address the challenges of traveling with children – whether it's a long-distance car ride or a journey on a plane or train – and provide tips for making the trip a fun adventure. Closer to home, the topic of how to moderate online gaming and media consumption and encourage alternative play will be discussed.

At the conclusion of the class, participants will be able to:

- 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 on holiday.

The Family Series of courses at the CDM are designed to bring new skills and information directly to parents through interactive group sessions facilitated by experienced and knowledgeable CDM practitioners. If you are interested in enrolling, please contact the front office staff to reserve a space. The class is held at the Center for Developing Minds, and the course fee is \$40 per family, which includes take-home materials.



To register for these programs, please contact the Center for Developing Minds at 408.358.1853  
[www.devmonds.com](http://www.devmonds.com)

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