

*The Center for Developing Minds Family Series presents:*

# **How to Survive the Holiday Season**

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

### **Instructor:**

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

### **Class Schedule:**

**Friday, November 17, 10:00-11:30 am or**  
**Thursday, December 7, 7:00-8:30 pm.**



**Is taking your kids to visit relatives a struggle?**

**Do you dread visiting a mall or shopping with any children in tow?**

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

The new class, "How to Survive the Holidays," is ideal for families who are experiencing difficulty managing their children's behavior, while wanting to make end-of-the-year activities like going to holiday parties or religious services, 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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