

Child Development Chats



The Center for Developing Minds hosts **free** child development chats for parents, caregivers and clinicians throughout the year ~ a service to the local community that began in 2007. The informative, interactive sessions are moderated by pediatric and child development experts, and cover topics including child behavior, developmental concerns and parenting questions.

March 19, 7:00-8:00 pm

Sleep Hygiene: How to Help Your Child Get the Sleep They Need to Succeed.

April 7, 7:00-8:00 pm

Tips for Managing Tween and Teen Anxiety.

May 6, 7:00-8:00 pm

From Manager to Consultant:
Shifting our parenting style to help our teens launch.

August 20, 7:00-8:00 pm

Improving Your Young Athlete's Mental Game.

September 17, 12:30-1:30 pm

Introduction to Medications for Common Mental Health Issues.

October 22, 12:30-1:30 pm

Behavior Management Techniques:
Getting Your Child to Cooperate.



For more information, please contact:

The Center for Developing Minds
Behavioral & Developmental Pediatrics
15951 Los Gatos Blvd., Suite 6
Los Gatos, CA 95032 408.358.1853

www.devmonds.com

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