

# Why Is My Child Acting This Way?

## Sessions by Dr. Mary Sheedy Kurcinka

### November 28 & 29, 2012



#### About Dr Mary Sheedy Kurcinka

As director of [parentchildhelp.com](http://parentchildhelp.com), Mary provides training nationally and internationally for families and professionals, including medical personnel, educators, and social service providers who serve families. Licensed as a parent educator and early childhood teacher, she has pioneered efforts to bring topics such as temperament, neurobiology, the importance of sleep, and emotion coaching into homes, schools, medical practices, and businesses. She is best-selling author of *Raising Your Spirited Child*; *Kids Parents and Power Struggles*; and *Sleepless in America*.

- Does your child refuse to cooperate in the morning?
- Do you dread the constant bickering and fights between siblings?
- Does your child get into trouble for not listening or lacking focus?
- Are mealtimes stressful?
- Is it a battle every time your child has to complete a task — any task?
- Is your child "losing it" over seemingly insignificant issues?
- Does your child seem to "resist" sleep?

#### What Can I Do....

These workshops give parents and caregivers a glimpse into what makes children act the way they do. Through vivid examples and a refreshingly positive viewpoint, it offers parents/caregivers emotional support and proven strategies for handling the toughest times, including tantrums and blowups.

Recognizing that common issues among young children (2-5 yrs) differ from their older peers (6-12 yrs) sessions specifically focused on these two age groups are being offered for parents and professionals.

#### Session Information

##### Focus on Young Children

November 28, 2012: 9:30 am-3:30 pm

Cost: \$50 per person

Coffee & Light snacks provided

##### Focus on Young Children

November 28, 2012: 6:30-8:30 pm

Cost: \$15 per person

Coffee and Light snack provided

##### Focus on School-Age Children

November 29, 2012: 6:30-8:30 pm

Cost: \$15 per person

Coffee and Light snack provided



To register contact  
Early Childhood Development  
Support Services at  
[www.ecdss.ca](http://www.ecdss.ca)  
or call 780-464-4044

All Sessions Held At: Strathcona County  
Community Centre, 401 Festival Lane,  
Sherwood Park, Alberta