



Northampton Area Pediatrics Parenting Workshop

Parenting Preschoolers Using Mindful and Practical Parenting Techniques with Sarah Abel, LICSW

In this workshop we will look at the typical, challenging behaviors of preschoolers and discuss how to deal with them effectively and with empathy. Mindfulness will be used to aid parents in self-regulating and increasing self-awareness. Here are some of the behaviors that will be discussed: aggression and tantrums, worry and difficulty separating from parents, feeding issues, peer relationships and discipline vs. punishment.

**Sunday, October 20th
4pm to 5:30pm
193 Locust St., Northampton**

Childcare will be provided at this workshop. Please RSVP for the workshop and childcare. Call us at 413-517-2226 or email contactus@napeds.com

Parenting workshops are open to the community and free of charge.