



# Northampton Area Pediatrics Parenting Workshops 2017-2018

## October 15<sup>th</sup>

Parenting Preschoolers with Compassion and Consistency with Jonathan Schwab, M.D. and Sharon Saline, Psy.D

## November 5<sup>th</sup>

Healthy Choices for Healthy Lives – Achieving Weight Goals Through a Loving Approach to Nutrition with Kristen Deschene, M.D., Meg Colenback, LICSW, Michele LaRock, MS RDN LDN, and Ana Maria Moise, MS, CNS, LDN

## December 3<sup>rd</sup>

Let's Talk: Everything you want to know about parenting an ADHD child or teen with Jonathan Schwab, M.D. and Sharon Saline, Psy.D.

## January 21<sup>st</sup>

Marijuana: Now it is legal, but is it safe with Jonathan Schwab, M.D.  
(Parents and adolescents welcome!)

## February 11<sup>th</sup>

Yuck! Do I have to eat that? Tips for working with picky eaters and how to get your kids to eat healthier foods with Ana Maria Moise, MS CNS LDN from The Nutrition Center and Michele LaRock, MS RDN LDN

## March 11<sup>th</sup>

Divorce: Supporting Children During Challenging Times with Kerry Lusignan, MA, LMHC, Director, Northampton Center for Couples Therapy

## April 8<sup>th</sup>

When Worrying Takes Over: Managing Anxiety in your Child or Teen with Jonathan Schwab, M.D. and Sharon Saline, Psy.D.

## May 13<sup>th</sup>

What about Sleep: It's more important than you think! Everything you wanted to know about how to help babies and young children learn to go to sleep and stay asleep on their own with Beth Grams Haxby, Ed.M

## June 3<sup>rd</sup>

Understanding Transgender Children with Jennifer Nesteby, MSN, FNP

Join pediatrician, Jonathan Schwab, M.D., and clinical psychologist, Sharon Saline, Psy.D, and invited guest speakers for a short presentation and Q & A. Gain insights and ask your questions!

Sundays

4pm to 5:30pm

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RSVP

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