

Free Parenting Workshop Series!

Are you a parent looking for information to help your child develop? Do you want information on how you can encourage your child's competence in multiple areas?

*Free specialized behavioral classes are being offered to San Diego parents!
Workshops are designed for parents of children ages 0-5.*

The following topics will be featured:

*Understanding Development
and Temperament*

*Body Control and a
Positive Body Image*

Secure Attachment

Play and Imagination

Language and Communication

*Laying a Foundation for
Positive Self-Esteem*

*Self-Regulation, Morality,
Sense of Conscience*

*Encouraging Emotion
Regulation*

*Concentration, Planning, and
Problem Solving*

*Encouraging Social
Competence, Empathy, and
Caring Behavior*

One series will consist of ten weekly workshops in a small group setting. You will learn about many areas of competence that children develop as they grow! **Childcare is offered** and workshops are **available in Spanish!**

Class curriculum is guided by information from the American Academy of Pediatrics, Family Health Centers of San Diego, First 5 San Diego, and other parenting programs.

The current workshop schedule and class locations are posted on:

<http://coe.sdsu.edu/cfd/community/parents.php>

For more information or to register for a series, email CFDparenting@mail.sdsu.edu.