

PARENT EDUCATION

Taking the Stress Out of Parenting and Building Great Relationships with Your Children

Date:

Thursday, March 4th

Time:

6:30 - 8:00 PM

Location:

Apollo Elementary
15025 SE 117th St.
Renton, WA
98059

All parents are
welcome to attend
this **FREE** presentation

Do you want to have **more fun and less stress** parenting? Join Kathy Slattengren, M.Ed, founder of Priceless Parenting, for an engaging discussion of effective parenting techniques that also reduce stress. Learn **positive** ways to respond to parenting challenges – **no more yelling** or nagging! We'll discuss key skills including:

- Finding natural and logical consequences
- Responding with empathy instead of anger
- Setting firm limits & avoiding power struggles
- Guiding your children to solving their own problems
- Using positive discipline

This is a parents only non-academic seminar.



**Priceless®
Parenting**

APOLLO PTSA.

For more information
contact :

Parent Ed Rep..

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