

# WELLNESS EMPOWERMENT® WEDNESDAY WORKSHOPS FOR PARENTS

## What is Mindful Parenting?

### *Why & How Mindfulness can help me & my child*

Wednesday; September 11 from 6:30-7:45 pm

- Understand the science and positive impacts of Mindfulness
- Practice mindful listening, so your child feels seen and heard
- Pause and breathe to respond rather than react
- Experience Mindfulness practices to bring home for you and your child
- Make time for your own self-compassion and stress management

## Gearing Up for a Successful School Year

Wednesday; September 18 from 6:30-7:45 pm

- Establish morning, homework/after-school, and bedtime routines
- Create structured schedules and a calendar system
- Determine a method for tracking assignments
- Set goals for increasing motivation with positive reinforcement
- Executive Function strategies for improving focus and managing overwhelm

## How Can I Help My Child with Self-Regulation?

Wednesday; October 2 from 6:30-7:45 pm

- Understand challenges impacting emotional and behavioral regulation
- Strategies for regulating emotions, behavior, energy level, and focus
- Learn widely used vocabulary, concepts, and visuals for self-regulation
- Connect with parents who also have children with self-regulation struggles

MORE PRESENTATIONS TO COME EACH MONTH

- Cost-\$30 per person/\$50.00 per couple (Make it a date night!)
- Please contact Linda Price for advanced sign up and payment to hold your spot;  
THESE WORKSHOPS WILL FILL UP

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