



Hilldale School presents...

"HOW TO TALK SO KIDS WILL LISTEN"



A workshop led by Julie King

- *Are you getting worn down by whining, dawdling, morning-rush madness, food fights, bedtime challenges, clinginess, defiance, or other child-like behavior?*
- *Do you find yourself using threats, bribes or a raised voice, though you swore you never would?*
- *Do you want to raise your children to become respectful, ethical adults **and** keep your sanity?*

LEARN HOW TO ENHANCE COOPERATION AND GOOD-WILL,
STRENGTHEN CHARACTER AND SELF-ESTEEM, AND BUILD
RESPECTFUL, COMPASSIONATE RELATIONSHIPS.

"How To Talk" is an experiential, effective and highly engaging program for parents and caregivers of children ages two to teens, based on the best-selling books by Adele Faber and Elaine Mazlish. In a supportive environment, you will reflect on your goals and values, practice specific skills in role-plays and exercises, and learn how to communicate clearly and consistently with your children in the face of normal, everyday challenges. Each week you will leave the session with practical strategies that you can implement immediately to improve communication and discipline and enhance your relationships at home. This Part One workshop will cover the first three topics of the two-part series: Helping Children Deal with Their Feelings, Engaging Cooperation, and Alternatives to Punishment.

Hundreds of parents who have completed this program consistently report less strife and struggle, more joy and cooperation, and a closer connection to their children.

4 weekly sessions, 2 hours per session

Thurs - 5:15-7:15 PM OR Sun - 3:00-5:00 PM (see reg. form for dates)

Early bird Fee: \$115 per person or \$190 per couple, plus \$10 per workbook

Regular Fee: \$135 per person or \$210 per couple, plus \$10 per workbook

Child care will be provided by the school staff for \$5 per child on Thursdays.

Scholarships may be available. See the office for details.

To register return the attached form with payment to the school office.

Julie King, Parent Educator and "How To Talk" Trainer, has been educating and supporting parents and professionals since 1995. In addition to consulting by phone and in person with individual parents and couples, she is a highly regarded workshop leader, public speaker and advice columnist. She has led workshops and trainings for numerous organizations including Parents Place of San Francisco and Marin, Fremont Unified School District, Marin Horizon School, and Pediatric Alternatives. She is the mother of three. Visit her website at www.julieking.org.

"Julie's classes have changed my whole approach to parenting. I HIGHLY recommend her to every parent. The techniques that she teaches are refreshingly different and really work in practice. If you feel like you have 'tried everything' with your child, I urge you to try this."

-- Sabra Ballon, mother of two

This parenting workshop is strongly recommended for
Pre-K through Second Grade parents at Hilldale.

Workshops for older children will be available mid-year.
Let's all get on the same parenting page - share what is working and
get help with what is not working!

"I have been fortunate enough to find Julie's workshops and participate in them as a parent. I have discovered that there is huge difference between working with children and parenting my own child. I am so grateful to have an opportunity to learn more and engage with my child in a way that feels good to us both. I wanted to share this hands-on, practical, and highly-useful resource with the whole school community, so I asked Julie to bring her talents to Hilldale! Why shouldn't we all benefit and learn to become the best parents we can be? I strongly encourage you to participate."

--Sasha Clayton, Hilldale parent, Kindergarten

"I am sure everyone has had days where you feel that no matter what you do, your kids will be fighting, breaking all your rules, and in general, driving you nuts. In this class, I met with parents who go through the very same things, and sharing what works for them helped me immensely. And Julie was there to give me the skills to apply these experiences to my particular case."

-- Mike Kondrar, Hilldale parent, 1st & 3rd Grades

"I can't say enough about how helpful Julie's workshops have been. She has made me realize that success in parenting can stem in large part from being deliberate in choosing the right words and phrases to communicate with my child, no matter what age. Learning how to see situations through their eyes and displaying empathy are key to forming effective communication, engaging their cooperation, and forming meaningful relationships. And, though I thought it would be, parenting is not at all intuitive. The beauty of her workshop is that in addition to learning concrete techniques and the theory behind them, you get to role play and try them out, getting feedback from other parents on how to do it better. You go home from each session with actual tools to try immediately on your child, and often surprisingly, they work! Although our 3 workshop series have concluded, we are still holding periodic support group sessions because we all need reminders and help with our kids and because they are motivational and reassuring at the same time."

-- Ingrid Lim, Hilldale parent, Pre-Kindergarten

We enjoyed this class and looked forward to each week as a welcoming and supportive environment to share our parenting stories and challenges. The books provided accessible tips that are easy to put into practice, and Julie attentively listened to each of us and provided honest and constructive feedback on how we might approach particular situations. We would definitely recommend this class to parents of young children!

-- Lori Liu, Hilldale parent, Kindergarten