



Please join us for a special

## Parenting Workshop

On Wednesday, January 13<sup>th</sup> at 8PM

At the home of Beth and Michael Kohler

4 Eton Court in Plainview

Our presenter for the evening is **Susan Bartell**, a nationally recognized psychologist, consultant and multi-award winning author, as well as a Schechter parent.

### Yes, No, and Negotiation

- The best ways to effectively set limits in all areas of life including sleep, discipline, media, food, school, and socializing
- When and how to say 'NO' so it works
- Avoiding and managing temper tantrums
- Handling sibling stress
- Addressing difficult behavior
- Lots of time for Q & A

RSVP to Beth and Jan at [ssdspa@gmail.com](mailto:ssdspa@gmail.com)