

Growing Kids South Burlington presents:  
**Fresh Ideas for Real World Parenting**

(For parents of young children)

**Workshops are FREE**

**Winter  
2014**

**Brigitte Harton, Registered Dietician: Picky Eaters**

**When: Tuesday, February 11, 2014**

**Where: South Burlington Community Library, 540 Dorset Street**

**Time: 7:00-8:00pm**

Ever wonder if your child is eating the right foods? Finding it hard to deal with your picky eater? In this workshop, you will learn what is an appropriate meal plan for your child, including what foods and how much he or she should eat. You'll also get tips to avoid food battles at the dinner table!

**Marilyn Neagley, Author and Director of the Talk about Wellness Initiative:**

**Mindful Parenting**

**When: Wednesday, March 26, 2014**

**Where: Tuttle Middle School Library, 500 Dorset Street**

**Time: 6:45-8:45pm**

Mindful Parenting will offer interactive mindfulness skills for parents. The workshop will include activities for younger children with an emphasis on stress reduction, emotional regulation, attention and kindness. Copies of the book Educating from the Heart will be provided at no cost.

**Naomi Shapiro, Psychotherapist and College Professor: Understanding the Meaning of Children's Play**

**When: Monday, April 7, 2014**

**Where: South Burlington Community Library, 540 Dorset Street**

**Time: 6:45-8:45pm**

In the words of Plato "You can learn more about a child in an hour of play than in a year of conversation." Play is the child's world to work on exploration of what they are experiencing and is a key contributor to healthy emotional development. It is also helpful to adults in the child's life to realize unresolved conflicts that may require more attention. This workshop will enhance your awareness of the value we must assign to play to meet the emotional wellbeing of children.

**To register for any of the above workshops, please contact Amy Ide at 863-3367 ext. 31**

**or e-mail: [aide@childcareresource.org](mailto:aide@childcareresource.org)**

*Growing Kids South Burlington is a collaboration between the South Burlington School District and Child Care Resource.*