



Raising Your Spirited Child – Managing Temperament

Are you constantly at odds with your child over every little point? Do you engage in power struggles every hour? Is your child persistent, boisterous and wearing you down? Come to this training and learn about your child's unique temperament and how you can manage it to work for both of you.

Presentation outline is based on Health Canada, Growing Miracles (Three Cheers for the Early Years), Parent Effectiveness Training, and Invest In Kids Recommendations.

Course Objectives

- Participants will discover the three common temperament categories
- Participants will learn the 8 temperament traits that determine the temperament categories and how they manifest for different ages
- Parents will discover how their temperament fits with their child's temperament
- Participants will learn parenting strategies to manage living with a spirited child

Presented by:

Judy Arnall, BA, International award winning Speaker and best-selling Author of "Discipline without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery."

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