



And Baby Makes Four

This presentation is for anyone expecting a wonderful addition to their family. Whether this is your second child or seventh, you will learn how the new arrival affects your children and the family dynamics.

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 how a new baby or child affects the existing child emotionally, and behaviorally
- Participants will learn respectful strategies to handle emotional and behavioral challenges
- Participants will understand the cognitive awareness of the child to the new sibling and how best to introduce and welcome the new child into the family

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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