



Eating, Sleeping and Toileting: How to Turn Battle Grounds into Bonding Zones

Parents and caregivers need new tools!

In this presentation, we will explore how parents can move smoothly through tricky situations such as getting picky eaters to eat, wide awake children to sleep, and the diapered crowd nudged into underwear. Respectful age-appropriate tools and best practices will be presented.

Course outline is based on Alberta Health Service Recommendations.

Presentation Objectives

- Participants will learn about the feeding relationship
- Participants will learn effective ways to handle bedtime stalling
- Participants will identify 3 ways to make toilet training easier

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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