



Community Consolidated School District 46

Presents...

Setting Limits and Avoiding Power Struggles

February 4, 2020 - 6:00-8:00 PM

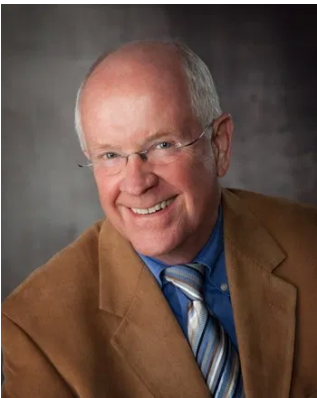
Grayslake Middle School Multipurpose Room
440 N Barron Blvd | Grayslake, IL

It isn't easy to figure out how to set limits with our children. This workshop explores why limits are critical to children's healthy development and identify practical strategies for setting boundaries in ways that help manage big feelings, build self-control, and understand their impact on others.

This is a FREE program open to the community.

Childcare for school age children will be provided. Children must be potty trained. To reserve a spot, please call Leah at 847-543-6225, or register online:

<https://www.signupgenius.com/go/8050A48AF2BA75-daycare1>



About David Walsh, Ph.D.: Dr. Walsh is an award winning psychologist, best selling author, and internationally renowned speaker. In 1995, he founded the National Institute on Media and the Family. He is co-founder with his daughter Erin of Spark and Stitch Institute to translate cutting edge brain science to everyday practice for parents, teachers and other professionals. Dr. Walsh has written books including the national bestseller *Why Do They Act That way? A Survival Guide to the Adolescent Brain for You and Your Teen* and *No: Why Kids-of All Ages-Need to Hear it and Ways Parents Can Say it*. His newest book is *Smart Parenting, Smarter Kids*.

Dr. Walsh has been a frequent guest on national radio and television programs. He has testified numerous times before Congress, presented workshops throughout the world, and served as a consultant to the World Health Organization and the Ministries of Education in Japan, South Korea, Portugal and Singapore.