



Morning Madness and After-work Arsenic Hour: How to handle the most challenging working parent situations

Parents and caregivers need new tools!

In this presentation, we will explore how parents can move smoothly out the door in the morning and reunite with their children at the end of the day. Tips, tools and strategies will help parents handle sticky situations more effectively. Respectful age-appropriate tools will be presented and (if time allows) participants will be given an opportunity to practice skills.

Presentation Objectives

- Participants will discover how to handle their children's separation anxiety
- Participants will learn effective ways to handle after work child tantrums
- Participants will distinguish between children's positive attention and negative attention needs
- Participants will identify 5 areas of challenge for working parents and tools to handle more effectively

Judy Arnall teaches parenting at The University of Calgary, Continuing Education, Chinook Learning, and Alberta Health Services. Judy is the author of the Canadian bestseller, *Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery* and *The Last Word on Parenting Advice* and the newly released DVD, *Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love*. Judy is the parent of 5 children. Jarnall@shaw.ca 403-714-6766 for more information.

