

The 3 Keys to Empowered Parenting:

How to Raise Self-Confident and Compassionate Children



Wednesday, January 23
9:15am - 10:45am

Full Circle Family Care
1241 Mamaroneck Avenue

Parenting is one of the most rewarding, yet difficult, roles a person can have. It can be overwhelming to sort through the different, and sometimes conflicting, advice that comes our way. Empowering yourself as a parent empowers not only you but also your children. When parents can tune into their child's experience, they form a foundation of connection from which they can discipline with love and effectiveness. Confident and effective parents can raise compassionate and successful children.

This 90-minute workshop includes:

- Activities and discussion to help you recognize your parenting style and identify your "buttons" before they get pushed
- Discussion of general child development during the early childhood years as well as guidance in identifying your child's individual strengths and weaknesses
- Training in effective communication skills with children to reduce conflict and increase cooperation

Fee: \$30 per person. To register, call Full Circle reception at 914.421.1500. Class size is limited. Call now to reserve your space.

Kathleen Cuneo, Ph.D. is a psychologist, parent coach, and mom of 3. Her mission is to help parents raise happy and healthy kids – without making themselves or their kids crazy! Optimizing the healthy development of children and families has been the focus of Dr. Cuneo's training and professional experience. She earned her doctoral degree in Applied Developmental Psychology from Fordham University and has been working with children and families for over two decades.

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