



Westwood Early Childhood Welcomes...

**CHARLIE APPELSTEIN, MSW**

*A well known national speaker, author and consultant*



## Help Your Kids Be All That They Can Be

### Positive Approaches to Parenting Young Children Birth through Grade 3

#### WHAT

This four-part workshop series will present a host of principles and techniques that help parents maximize the greatness that exists in every child and family. Topics covered include:

01

What is strength-based parenting?

04

What strategies enhance self-esteem in young children?

02

How can parents create energizing mindsets in young children?

05

How do parents implement structure and discipline? (consequences vs punishment)

03

What are some key communication techniques?

06

How do parents manage their own emotions and responses (respond instead of react) and teach children self-management techniques

#### WHEN

Monday Nights  
March 14, March 21, April 4, April 11  
6:30pm-8:30pm

#### REGISTER!

Space is limited! Register early at:  
<http://tinyurl.com/weccapp>

★ FREE EVENT ★

#### WHERE

Westwood Main Library  
660 High St, Westwood, MA 02090  
[www.westwoodlibrary.org](http://www.westwoodlibrary.org)  
(781) 326-7562

Light refreshments will be served.

#### NEED CHILDCARE?

If you need childcare during the workshops or have any additional questions, please contact:

Janet Lucey  
[jlucey@westwood.k12.ma.us](mailto:jlucey@westwood.k12.ma.us)  
(781) 461-9548  
[www.westwood.k12.ma.us/early-childhood-council/](http://www.westwood.k12.ma.us/early-childhood-council/)

#### SPONSORS

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