## Child Development
An overview of developmentally appropriate physical, cognitive, social and emotional milestones from birth to 11-years. Learn how to help address key features within each developmental stage as well as practical suggestions to improve communication with young children.

<table>
<thead>
<tr>
<th>Mon.</th>
<th>9/27</th>
<th>10 am - 12 pm</th>
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</table>

## Positive Discipline and Guidance
Positive discipline techniques promote behavior control, self-esteem, and self-worth. Learn how to pro-actively encourage the behavior you want to see with these positive parenting strategies.

<table>
<thead>
<tr>
<th>Mon.</th>
<th>10/25</th>
<th>10 am - 12 pm</th>
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</table>

## Raising Emotionally Intelligent Children
Social emotional development in children is crucial to a child’s ability to survive and thrive. Together, we explore the foundation of emotional health and literacy as well as strategies to support social and emotional development from early childhood through teen years.

<table>
<thead>
<tr>
<th>Mon.</th>
<th>11/22</th>
<th>10 am - 12 pm</th>
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</table>

## Kindergarten Readiness
This workshop focuses on how to help children make the transition from preschool into kindergarten.

<table>
<thead>
<tr>
<th>Mon.</th>
<th>12/13</th>
<th>10 am - 12 pm</th>
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</table>

## Parenting the Love and Logic Way®
Parenting course, developed by Love and Logic Institute, designed to help find specific answers and actions for some of those difficult moments in child rearing. These simple techniques are effective with all children, from toddlers to teens.

<table>
<thead>
<tr>
<th>Thursdays</th>
<th>9/9-10/14</th>
<th>10 am - 12 pm</th>
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</table>

## Healing Trauma
Helping your child heal after they have experienced a traumatic event can be a long and difficult journey. Learn what some common behaviors are that you might see, how to effectively communicate about the trauma, and how you can support your child along the way.

<table>
<thead>
<tr>
<th>Mon.</th>
<th>9/13</th>
<th>6 - 8pm</th>
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Thurs.  10/21  6 - 8 pm

Managing Stress as a Parent
Stress effects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.

Thurs.  12/16  6 - 8 pm

Car Seat Safety
Let’s talk about car seat safety! A Certified Car Seat Technician will provide instruction and information and you will learn all about your children being safe while they ride in your car. Car seats will be provided to participants that qualify.

Thurs.  10/21  10 am - 12 pm

Parenting on the Same Page
Information and strategies for co-parenting children whether you’re in the same or separate households. Explore your parenting style and motivation to create a foundation to approach parenting and further support your children to grow into healthy adults. Learn about communication patterns and analyze individual communication styles.

Mon.  9/14  10 am - 12 pm

Adverse Childhood Experiences
Childhood trauma effects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe.

Weds.  11/17  6 - 8 pm

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Weds.  10/13  6 - 8 pm

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Thurs.  10/26  6 - 8 pm

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Weds.  10/13  6 - 8 pm

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MESA PUBLIC SCHOOLS - ADAMS ELEMENTARY
738 S Longmore
Mesa, AZ 85202

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Tues.  9/14  10 am - 12 pm
Understanding Temperament
Learn the three main innate temperament styles and the traits impacting child and adult behavior. We explain how to adjust parenting styles to meet the needs of each child’s temperament, in order to promote healthy development.
Tues. 10/19 10 am - 12 pm

Adverse Childhood Experiences
Childhood trauma effects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe.
Weds. 9/8 9 - 11 am

Bullying – Signs, Symptoms, and Solutions
A bully is defined as an individual who seeks out others that are viewed as vulnerable, with intent to cause harm. Bullying is a reality for our youth, and it’s important to know signs and strategies to support those who are bullying and being bullied.
Mon. 10/18 9 - 11 am

Kindergarten Readiness
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Weds. 11/10 9 - 11 am

Child Development
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Thurs. 12/9 9 - 11 am