

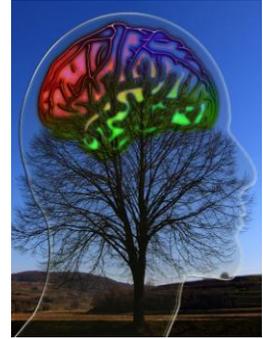
Topics for Parents of Young Children

Dr. Marian Fritzemeier, Ed.D.

Author, Speaker, Educator

NEW Multiple Intelligences and Your Preschooler

Do you know how you learn or how your preschoolers learn? This workshop will help you: assess your own learning style based on eight experiential stations; discover Howard Gardner's multiple intelligences theory; and learn to actively engage preschoolers by integrating multiple intelligences into their daily lives. Active participation required!



NEW Home for the Holidays



The bumper sticker reads, "Wake me up when the holidays are over." Jostling diaper bags, cribs and young children, eating more than our stomachs can hold, and wrapping endless gifts left my husband and me wishing we'd slept through the holidays instead of celebrating in five different locations. Over the years we learned better ways. This topic helps mothers resolve the stress, exhaustion, and disillusionment they often face during holidays.

Home for the Holidays examines: How good traditions can improve family relationships; possible alternatives for going "home;" tips for celebrating happier holidays; ideas for children's Christmas activities and inexpensive gifts they can create; and keeping Christ the center of Christmas by focusing on others.

Optional: Small group discussion. *Resource Books on Holiday Traditions* handout available.

Note: Because of the timeliness of this topic, this presentation must be BEFORE NOVEMBER 1st.

UPDATED Positive Parenting

How many times a day do you say, "Don't do that," "Stop it this minute," or, "No, and I mean it"? It's easy to fill your day with nagging. If you sense your kids are tuning you out, they probably are. But there's hope - you can become a more positive parent which facilitates children's responses. In this workshop you will learn 10 reasons parents say no, the child's and adult's world of no's, the challenges of no, how to re-state what you want your child to DO versus telling them what you DON'T want them to do, and 9 other alternatives to "no." Practice time included!



NEWER - "I Can Do It:" Responsibilities for Young Children

Sometimes parents try holding onto their children and keeping them from growing up. Although your children will always be your "little princess" or "little prince," they also need to begin learning responsibilities that lead them to living independent, successful lives.

Topics include: giving choices, the first step in decision making; developing preschooler's thinking skills; fostering independence and initiative by teaching simple chores; countering the myth, "It's easier to do it myself"; and ensuring success while making chores fun. Features responsibilities (chore) chart for 2 to 5 year olds. Optional: Small group discussion.



Guiding Young Children's Behavior (Toddlers & Preschoolers)



My two-year-old throws herself on the grocery store floor, embarrassing me with her tantrum. My 15-month-old toddler bites other children. My four-year-old son hits others. This practical presentation is for parents of toddlers and preschoolers.

Parents will investigate: common toddler and preschool behavior challenges; the difference between guidance and discipline; inappropriate and ineffective methods; and guidance principles and

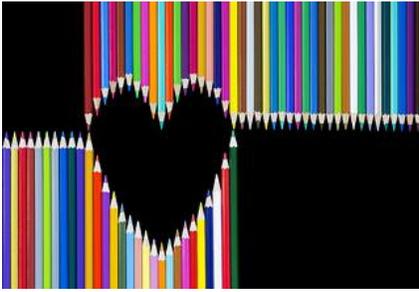
techniques including: redirection, natural consequences, ignoring, and positive reinforcement. Optional: Small group discussion.

It's Not Just Small Stuff: The Importance of Routines

Every day we do things simply out of routine. But it isn't "just routine" for children. In our busy lifestyles, we forget how vital routines are for children's healthy development. Parents will discover: the benefits of routines for parents and children; the importance of consistency and commitment using routines; and strategies for creating daily routines. Parents of toddlers to five-year-olds will leave confident and prepared to improve and/or initiate new routines.



Heart of the Home



Does what I'm doing as a mother really matter? Are my sacrifices making a difference? Will motherhood always seem this difficult? This topic is for mothers who choose to delay their careers or work from home and raise their children.

Mothers will feel encouraged about this important job. Mothers will explore: advantages of being a "keeper of the home;" setting the home's thermostat; an attitude checklist; and working towards their hearts' ambitions. Optional: Small group discussion.

A Parent's Heart

Your blotchy, wrinkled newborn baby lies in your arms. Quickly forgotten is the pain of childbirth and angry threats. Parents begin their journey believing, "We'll be the best parents ever." But somewhere in the busyness of life, parents can become sidetracked and lose track of priorities.

A Parent's Heart features eight key parenting responsibilities that help parents focus on what's important. Small group discussion questions direct parents towards selecting one key area and creating an action plan that facilitates improvement.



The Physical Perspective: Physical Fitness, PMS, & Passion



What do Physical Fitness, PMS, and Passion have in common? They are often areas of mother's lives that get overlooked while busily caring for her family. The significance and strategies for physical fitness; proactive ways to deal with PMS; and restoring/maintaining marital passion are all candidly addressed in this practical presentation.

For Questions, Other Topics, and Scheduling Contact:

Dr. Marian Fritzeimer, Ed.D.

Author, Speaker, Educator, Restorative Practices Trainer

918 Sierra Drive, Modesto, CA 95351

Cell: (209) 765-7016

drmarian@fromdiaperstodiamonds.com

<https://www.facebook.com/fromdiaperstodiamonds>
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