April 20-24, 2021

## **PANDEMIC PARENTING EVENT!**

Tools to help you keep your cool, even when your kids are losing it!

## REGISTER NOW! bit.ly/FreePandemicParenting





Parenting is hard! Especially if we don't have the support we need to better understand and guide our children. And then comes a pandemic! It is normal to feel exhausted and overwhelmed. We are here to help!

Learn more about what your children need so they can...









SHARE

**LISTEN** 

**LEARN** 

HELP



Listen to stories by parents like you who moved from yelling and hitting to connection and cooperation.



Understand your child's unique development, why you sometimes lose it, and what to do instead.



Enjoy easy-to-use practices to help calm your nervous system and connect with yourself and your family.





