

# Proactive Parenting: A Three-Part Series

## PROACTIVE PARENTING a three-part series



**TUESDAY - DECEMBER 10<sup>TH</sup>**  
**THE PRESSURE TO BE PERFECT AND ITS UNINTENDED CONSEQUENCES**  
**Presenter:** Dr. Alicia Farrell  
**Location:** DMYFS Middlefield Community Center

**WEDNESDAY - MARCH 18<sup>TH</sup>**  
**THE POWER OF PAUSE: Parenting Strategies To Be Calm, Connected and Effective**  
**Presenter:** Joanna Curry-Sartori  
**Location:** Strong Middle School

**DATE TO BE ANNOUNCED**  
**KIDS AND SCREEN TIME: How Much is Too Much?**  
**Location:** The Independent Day School

**Free & Open to the Public**

SPONSORED BY:



All seminars held from 6 - 7:30pm  
Light Refreshments Provided • Child Care Provided

Register at [www.independentdayschool.org](http://www.independentdayschool.org)

Attend all three or choose one or more.

Speakers are regional and national experts in their fields.