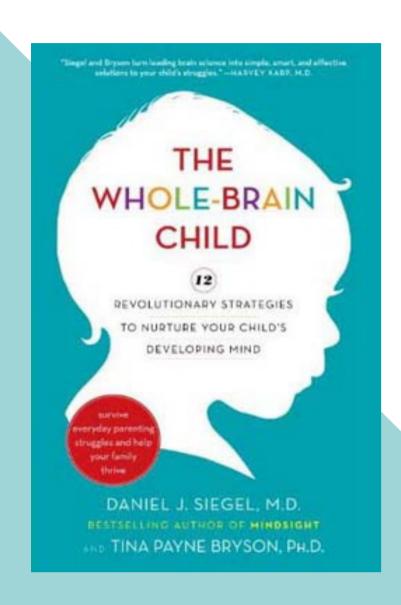
## TANTRUMS AND MELT DOWNS? UNNECESSARY WORRY/FEARS? OPPOSITIONAL BEHAVIOR? SLEEP ISSUES? GETS LOCKED OR STUCK & CAN NOT STOP?



How many times have you as a parent tried to talk our child out of a tantrum that was over something completely ridiculous and yet failed miserably? The Whole-Brain Child classes help parents use these tough moments to help children develop the faculties that result in appropriate behavior. Many parents are shocked by how many times they thought they were being empathetic, but were really dismissing their children's feelings.

Survive everyday struggles and move toward a deeper understanding and connection with your children.

The Whole-Brain Child is an engaging and informative approach to how the brain develops, with practical solutions for the most typical issues!

## INTERPOLE BRAIN GHILD

SCHOOL PSYCHOLOGIST

WHOLE-BRAIN CHILD: 12

BASED ON THE BOOK: THE

TO NURTURE YOUR CHILD'S

REVOLUTIONARY STRATEGIES

A SERIES OF SIX WEEKLY CLASSES

FROM MICHELLE MARTIN, ED.S.,



CLASSES MEET WEEKLY ON TUESDAYS

6:30-8:30 PM

INTEGRATING
MEMORIES AND
TAKE HOME TOOLS

APRIL 4, 11, 18, 25 MAY 2, 9

Name it or Tame it! Engage don't enrage! Use the Remote of the Mind! And more...

BY DANIEL J. SIEGEL AND TINA PAYNE BRYSON

DEVELOPING MIND

Implicit memories drive our subconscious and thus our "over-reactions." Learn how to give your children tools to reframe their memories into ways that don't get them stuck. You will take away practical tools to help you put each of the twelve strategies into action!

\$320 per couple \$220 for individuals Includes book and workbook. INSIGHT LEARNING AND WELLNESS CENTER LLC 25901 Emery Road, Suite 112 - Warrensville Heights At the corner of Richmond and Emery Roads, off of I-271

For information or to register call (216) 765-4470 or email Felicia@insight-wellness.com