



*Morning Class
For parents of young children*

Love and Logic Early Childhood Parenting Made Fun! Creating Happy Families and Responsible Kids

(A class from the Love and Logic Institute for parents of kids pre-birth to age 6)

Taught by Stephanie Bryan

A class to put the fun back into parenting

Sponsors: Boulder County Healthy Youth Alliance
BVSD Safe and Drug Free Schools
Becoming Mothers
Presenter: Stephanie Bryan, LCSW, CAC III
Where: Stephanie's office
1530 55th Street
(just SE of 55th & Arapahoe)
Boulder
When: Feb. 9 – March 9, 2010
Time: 9:15 – 11:45 am.
Cost: \$125/person plus a \$20 materials fee

**Questions or to register: call Stephanie Bryan at 303-397-0646 or
Class registration online at:
www.REALparenting.net**

Or you may register below



To Register for Winter 2010 Early Childhood Parenting Made Fun! morning class:

Name(s) _____ Phone # _____

Email _____ Kids' ages _____

Mail with check to: Stephanie Bryan, LCSW, CAC III, 1530 55th Street, Boulder, CO 80303



This class is directed towards parents of children birth to age 6. It provides parents with specific, tangible skills to use and a mind-set that allows you to be present with your children, meet their needs, develop a loving relationship from your infant's first day, and set developmentally appropriate limits and boundaries. It is empowering to both parents and children. Taking this class when your children are infants gives you a way of thinking about parenting and your role as a parent who can raise children from a very young age who can think and problem-solve. Nursing infants are welcome to attend.

The story below, written by my daughter, will help you understand how to apply Love and Logic® at a very young age:

Logical Consequences Taught by Snow

My toddler, as most are, is a strong-willed, ready to make her own decisions kind of kid. It was wintertime at our home in Colorado. There was a fresh blanket of a few inches of snow in the backyard. My daughter loves spending her time outside. So, that morning after breakfast, she asked to go outside. I don't have any issues with that request, except that she was only wearing a diaper and snow boots, nothing else. I asked her if she would like to get dressed to go outside, or just wear her boots. She said, "NO" to getting dressed, and demanded "OUTSIDE"! As a Love and Logic® parent, I figured, "great opportunity to learn about the cold". It won't kill her to be cold for a few minutes, or to get snow on her skin.

Like any good parent, I helped her open the heavy sliding glass door to the patio, and watched her waddle off into the back yard, knowing she was still perfecting her snow-boot walking technique. She made a few steps onto the snow-covered grass, and then as I anticipated, tripped, and fell forwards, flat onto the snow. There was a brief moment of silence; I believe this was for her to process the shock of lying in cold snow on bare skin. Then a small whimper, followed by crying, "need gloves mommy".

I was shocked, "gloves"? That's it? I gently helped her to stand back up and asked, "Is it cold". She replied, "Yes, cold, need gloves". I didn't have to ask her to come back into the house, because by this time she was headed there in front of me. After retrieving her gloves, she must have decided clothes were a good idea too, because she proceeded to get dressed with no battle.

For the remainder of the winter, whenever it snowed, she'd comment, "cold, need



gloves." I also never had to ask her to get dressed first before going outside again."