

# BECOMING THE PARENT YOU WANT TO BE



## Mindful Parenting

Free Workshop for Parents & Caregivers of Infants & Toddlers

### 2 Options Available

Thursday  
April 7<sup>th</sup>  
7 pm – 9pm

or

Friday  
April 8<sup>th</sup>  
10 am-12 pm

104 Southvue Ct.  
McMurray

Free childcare  
available  
Call ahead to  
reserve a spot

***Did you know that more learning takes place in the first 3 years than any other time in your child's life?***

**Join us for a dynamic, interactive discussion! Learn how to have the greatest impact during these critical years.**

- **Understand your child's developing independence**
- **Support social & emotional development**
- **Foster self regulation & self control**
- **Increase cooperation**
- **Cultivate peaceful interactions**
- **Practical tips for everyday behavioral challenges**

### **Presented By Namaste Montessori of Peters**

Guest Speaker: Bridgid Beames, MEd, hold degrees from Cornell University & New York University in Early Childhood, Elementary & Montessori Education. She has been practicing in the field as a Montessori Teacher, Head of School & Educational Consultant for over 25 years. She has published numerous articles and presented at many conferences. She is the founder of Namaste Montessori and is based in New York with her husband and two daughters.

**For More Information:**

**724-941-1026    [www.namastemontessori.com](http://www.namastemontessori.com)**

