



FREE CLASS FOR PARENTS



HOW TO RESPOND TO TEARS, FEARS, AND TANTRUMS

**A free, 4-week class
taught by Aletha Solter, Ph.D. and Heather Stevenson, M.A.**

Four Saturdays beginning February 25, 2012 from 9 am to 12 noon
Alice B. Schott Continuing Education Center (Room 29)
310 West Padre Street
Santa Barbara

This course helps parents discover the reasons for challenging emotions and teaches compassionate and effective ways to respond to a crying, angry, or frightened child. Parents will learn strategies to resolve children's sleep problems, reduce aggressive behavior and hyperactivity, and increase children's self-confidence. The course is designed for parents and others involved with children from birth to age eight.

CEU's will be available for RN/LVN, CNA, and MFT/LCSW.*

Sponsored by Santa Barbara City College Continuing Education
Please register online at www.sbccc.edu/ce

Aletha Solter is a developmental psychologist, founder of the Aware Parenting Institute, and the author of four books: *The Aware Baby*, *Helping Young Children Flourish*, *Tears and Tantrums*, and *Raising Drug-Free Kids*. She has led workshops for parents and professionals in 14 countries.

Heather Stevenson is a Certified Aware Parenting Instructor and holds an M.A. in child and adolescent development from U.C. Santa Barbara. She works as the parent educator at Casa Serena (a residential treatment program for women in recovery) and also offers private classes and consultations for parents.

* Provider approved by the California Board of Registered Nursing Provider # 01368 for 12 contact hours. Course meets the qualifications for 12 hours of continuing education credit for MFT's and/or LCSW's as required by the California Board of Behavioral Sciences. Board of Behavioral Sciences Approval Number: PCE 684
CNA CEU's are authorized by the California Dept of Public Health. Approved as division of Santa Barbara City College.