



Be Your Child's Compass Point

## Parenting for the Future – Right Now

# Video courses by Gordon Neufeld PhD

Facilitated by April Quan

LOCATED AT WALDORF ACADEMY – 250 MADISON AVE

Visit [truenorthparenting.ca](http://truenorthparenting.ca) for more information

**Single sessions: \$30 single / \$50 couple    Applies to all ages**

### *Play: Digging Deeper*

**Sunday October 6<sup>th</sup>    3:00 to 5:15 pm**

The value of play is scientifically established, but not all children play in ways that provide them with the benefits. What are the characteristics of play that support development and emotional health? Some children have difficulty playing, especially alone. How can parents and teachers provide the conditions that allow this play to emerge? This session delves into these questions and more, and provides answers distilled from Dr. Neufeld's vast body of work.

### *Rest: Fulfilling Your Child's Attachment Hunger*

**Sunday October 20<sup>th</sup>    3:00 to 5:15 pm**

Many parents recognize the importance of attachment, especially for young children, but fulfilling a child's attachment hunger is not always easy. A child needs the security of a safe relationship to be able to rest and feel the fulfillment of being cared for. This is the basis of emotional development. Find the confidence to be the parent who can provide a safe and secure relationship for your child.

### *Accepting Limits and Adapting to Life*

**Sunday October 27<sup>th</sup>    3:00 to 5:15 pm**

This session provides guidance for helping children accept the futility of limits beyond their control, including limits set by parents. Acceptance is a journey of tears, of vital importance for keeping a soft heart, especially if aggression erupts when facing limits. It also provides the key to healthy adaptation and resilience when life throws big changes in a child's direction.

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**Four-week course: \$120 single / \$190 couple**

### *Making Sense of Preschoolers*

**Four Sunday afternoons November 3<sup>rd</sup> to 24<sup>th</sup>    3:00 to 5:30 pm**

This course reveals the inner landscape of preschoolers to parents, teachers, or anyone who has one of these delightful and unique beings in their life (preschoolers are defined as age 2-5 regardless of school attendance). With insight into their separation anxiety, resistance, tantrums, aggression, shyness, and more, we can better respond to the preschooler's behaviours and provide for their needs in ways that support healthy development. This understanding is also helpful to get maturation back on track when an older child remains stuck in immaturity.



Dr. Gordon Neufeld has a widespread reputation for making sense of complex problems and opening doors for change. He is a Vancouver-based developmental psychologist with over 40 years of experience with children and youth and those responsible for them. His revolutionary yet scientific approach turns parenting right side up, putting parents back in the driver's seat. His book *Hold On To Your Kids* is causing an international stir and is now available in sixteen languages.

Each session consists of a one-hour video of Dr. Neufeld followed by discussion with April Quan.



April Quan is an authorized Neufeld Course Facilitator and Parent Consultant. She has a Bachelor of Fine Arts, a Bachelor of Education, and is a member of the Ontario College of Teachers. She has been a teacher and administrator at Waldorf Academy, and former lead for their Parent & Tot program. She is also a Certified Grief Recovery Specialist with the Grief Recovery Institute. She has two children, now wonderful young men.

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