



Be Your Child's Compass Point

MAKING SENSE OF CHILDREN: VIDEO COURSES BY **GORDON NEUFELD PH.D**

Five stand-alone sessions.

LOCATED AT WALDORF ACADEMY – 250 MADISON AVE

Visit truenorthparenting.ca for more information and to register

Facilitated by April Quan

SINGLE SESSIONS: EACH \$30 / \$50 COUPLE

How to give children the Rest they need to grow

Sunday February 25th 3:00 -5:15 pm

Many parents focus on attachment, especially with their young children, but fulfilling a child's attachment hunger is not always easy. This session is about the missing piece that can keep a child 'attachment hungry' well beyond their early years. Discover what satisfies this hunger, and find confidence in being the parent who can fulfill your child.

Handling Aggression

Sunday March 4th 3:00 -5:15 pm

Aggression is instinctive, problematic, and on the rise. Understanding it is essential if we are to help our children handle the emotion that underlies every aggressive impulse. Once we understand aggression, we can respond to our child in helpful ways that don't damage the relationship.

Recognizing the Signs of a Child in Trouble

Sunday March 25th 3:00 -5:15 pm

Challenging behaviour may be a sign of trouble – or it may not. A child stuck in a developmental rut will need help to get out, and parents are the best people to provide that help. In this session, you may discover that your child is fine even while being difficult, or you may recognize that help is needed. If your child is stuck, we begin to explore ways to get back on track.

Softening Defenses in a Child

Sunday April 8th 3:00 -5:15 pm

Many challenging behaviours are a result of defenses in a child. Softening the child's heart is the first step to getting them unstuck and back on track. This session offers the keys to becoming an effective softening agent for your child. It is an ideal follow-up for either of the previous two sessions, or if your child is highly sensitive. It can also be taken on its own.

Leading the Alpha Child

Sunday April 15th 3:00 -5:15 pm

More children than ever are bossy and demanding, a challenge to parent. Future leaders also need to know when to follow! This session explains why some children become alpha, the consequences for their development, and provides strategies to help parents regain the lead.



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 leader of 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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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.