



**FEBRUARY 2006 COFFEE BREAK
LAGUNA BEACH PTA COUNCIL
WEDNESDAY, FEBRUARY 15, 2006**

Parenting from the Inside Out:

**HOW A DEEPER UNDERSTANDING OF YOURSELF
CAN HELP YOUR CHILD THRIVE**

WITH

MARY HARTZELL

**CO-AUTHOR OF BEST-SELLING BOOK WITH DAN SIEGEL, ACCLAIMED EARLY
CHILDHOOD & PARENTING EXPERT, GUEST ON TV AND RADIO**

How many parents have found themselves thinking: I can't believe I just said that to my child! I sound just like my own parents and I promised myself I would NEVER repeat their mistakes!"

Drawing on new findings in neurobiology and attachment research, Mary Hartzell explains how interpersonal relationships directly affect the development of the brain. She offers parents a step-by-step approach to forming a deeper understanding of their own life stories that will help them raise compassionate and resilient children. Going beyond the quick fix "how to" ideas, she will present a new approach that deepens parents' self-understanding and enables them to find creative ways to support their children's healthy development.

AT

THE SURF AND SAND HOTEL

THE SANDCASTLE ROOM

8:15-10:00 a.m.

\$5.00 donation for coffee & muffins

JOIN US TO LEARN ABOUT:

- HOW THE WAY THE BRAIN RECORDS YOUR CHILDHOOD MEMORIES CAN SHAPE YOUR ATTITUDES AND ACTIONS WITHOUT YOUR AWARENESS
- HOW OUR PARENTAL FEELINGS AFFECT OUR COMMUNICATION STYLE AND DRAMATICALLY SHAPE OUR CHILDREN'S ABILITY TO LEARN TO REGULATE THEIR EMOTIONS AND IMPULSES
- HOW HELPING YOUR CHILDREN REFLECT ON THEIR DAILY EXPERIENCES SUPPORTS THE DEVELOPMENT OF A SENSE OF PERSONAL SECURITY AND HEALTHY INTERPERSONAL RELATIONSHIPS
- HOW YOUR EXPERIENCE AND REACTIONS AFFECT BRAIN DEVELOPMENT AND SUPPORT EMOTIONAL CALM AND FLEXIBILITY FOR BOTH YOU AND YOUR CHILD

Coffee Break is supported by the Laguna Beach PTA, Foundation for the Contemporary Family, Schoolpower, and the Surf and Sand Hotel. Due to the open forum, opinions not sanctioned by the School District or the PTA may be expressed. Questions?? Call Judith Anderson 494-0447 OR drjazanderson@cox.net