



Adventures in Parenting:

Discovering Root Causes of ADD and ADHD

Sponsored by Creative Lives &
The Family Place

Join Creative Lives Director Maureen Burford, M.Ed. and staff for this learning adventure to support your child(ren)'s well-being and capacity for focus – without the need for drugs! The course includes:

- **A 11-week *experiential* course on parenting strategies and tools** (your home becomes a “lab” as you learn along with your kids)
- **A holistic assessment for your child, including diet, sleep patterns and more** (including up to four meetings with your child)
- **A detailed plan for your child's success at home and at school**
- **Follow-up support for long-term success**

The course is open to parents whose child(ren) age k-6 are struggling with focus and may have received a diagnosis of ADD/ADHD. Using **Ellen Tadd's Framework for Wise Education**, we'll create a plan that will help your child(ren) thrive. Topics include:

A Framework for Wise Education – including why **focus** is the kingpin for fulfillment.

Once I know it I can do it – helping children discover the mechanics of focus and concentration.

The Key to Happiness – helping kids remain inspired, open and connected as they grow.

The Wise View – cultivating good choices and creating wise expectations.

Practically Quiet – the power of age-appropriate meditation.

The Roots of Inner Well-Being – confidence, growth and self-esteem.

Back to Basics – practicing the three self-disciplines that help children thrive!

Food for Thought – cooking for health (without breaking the bank).

Whistle While You Work – helping children embrace hard work and details.

The Art of Collaboration – pro-active work with your child's teachers, school and other supporters.



Wednesdays April 6 – June 22
(plus 3 optional family fun days)

Reservations are required for on-site child-care.

Pre-registration is recommended as space is limited.



5:00 – 6:45 Soup, salad & parenting class for adults

Cost: Sliding scale \$0-\$200 for the series; \$0-75 for childcare

The course is **free** for all parents with children enrolled in Bright Futures, VT.

RSVP online or phone:

www.creativelives.org/info@creativelives.org

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