



Sponsored by the Parent Association

7 Essentials for Raising Successful Children

Wednesday May 6, 7:00-9:00pm Meridian School Gym, Open to the Public

The Meridian Parent Association would like to invite you to an evening with national parenting expert, best-selling author, and professor Dr. Laura Kastner. Please join us for a stimulating discussion about parenting strategies and the predictors of success in adolescence. Dr. Kastner, clinical professor of Psychiatry and Behavioral Sciences at the University of Washington will review the best practices in parenting while highlighting the most recent research in the field. For example, did you know that compared to IQ scores, self-control is twice as predictive of success in adulthood?

Dr. Kastner, co-author of *Wise Minded Parenting: 7 Essentials for Raising Successful Tweens and Teens* will speak about the science of emotions and how as parents we can offer wiggle room for mistakes and moodiness, while implementing strategies that truly engender cooperation. A question and answer period will be available at the end.

Kastner's newest book *Getting to Calm in the Early Years: Skills for Parenting the 3-7 year old* will be released this spring.



RSVP HERE

www.meridianschool.edu

For more information about Dr. Kastner go to <http://laurakastnerphd.com>