



# PARENT TRAININGS

Parent training sessions focus on enhancing positive parenting practices and behaviors.

Key benefits of Parenting Training:

- Improves parental empowerment and competency
- Improves child behavior
- Increases positive parenting practices
- Improves parent-child interactions
- Increases social connections
- Improves parental mental health and well-being

Trainings are held virtually from 8:00 p.m. - 8:30 p.m. with time for questions. Please see the above schedule for dates, topics, and presenters. Zoom invitations and bullet points about the session will be sent out prior to the training.

## 2024-2025 PARENT TRAINING SCHEDULE

OCTOBER 16, 2024  
**Daily Schedules and  
Routines**  
by Amy Egan

DECEMBER 11, 2024  
**Potty Training**  
by Judi Greenberg

JANUARY 8, 2025  
**Picky Eaters**  
by Amy Freedman

FEBRUARY 19, 2025  
**Sleep Issues**  
by Judi Greenberg

MARCH 12, 2025  
**Setting Limits and  
Managing Tantrums**  
by Amy Egan

APRIL 9 2025  
**Kindergarten  
Readiness**  
by Amy Freedman