



Friday, July 20th 6:00-8:00 PM

MINDFUL PARENTING:

strategies to facilitate communication through attunement, connection, & emotional coaching

An Event for Families of Children who are Deaf, Hard of Hearing, or Deaf-Blind ages 0 – 5 years.

Children and their caregivers together form the cornerstone of human relationships. While communication development is often a primary worry for parents of children who are deaf or hard of hearing, all communication develops in relationship. Mindful parenting can create happier parent-child relationships and successful parent-child communication. In this session parents will:

- learn practical mindful parenting strategies
- learn about regulating the human nervous system
- explore their feelings about feelings
- explore parenting styles
- complete parent/child temperament compatibility

Parents will have the opportunity to explore self-care as it relates to strengthening their relationships with themselves and their partners, to fuel their capacity for mindful parenting.

RSVP to jerrica.maxson@trinityhealth.org or 701-857-2312 by Monday, July 2.

**PARENT EVENT
sponsored by:
NORTH DAKOTA
HANDS & VOICES**

**Friday, July 20th 2018
6:00 – 8:00 PM
Grand Hotel
Minot, ND**

Presenters:



**Jess Dallman
Leigh Hardin
Elizabeth Seeliger**

A block of rooms at the Grand Hotel are available at \$58/night under "Hands & Voices." Call 701-852-3161 to reserve your room.

Travel stipends will be provided to families. Please complete and return the form provided.