

# HANDS-ON PARENTING

A four-part series for parents of young children

*All sessions will take place at the ERJCC,  
5601 S. Braeswood Blvd., at 7:30 p.m.*



This series is FREE and open to the community.  
RSVPs are requested - bloeser@houstonjewish.org.

**Tuesday, October 27**

## **BEYOND BEIGE FOOD: HOW TO HANDLE A PICKY EATER**

*Presented by Bettina Elias Singer*

When kids stubbornly refuse to eat healthful foods, parents understandably panic. But is there one "right" way to deal with picky eating? Kid/food writer and commentator Bettina Elias Siegel will explore a variety of different expert approaches to the problem, arming parents with knowledge and resources to help them find the methods that will work best with their own unique child.

**Tuesday, December 1**

## **CHANGE AND TRANSITION: EASING THE WAY FOR BOTH PARENTS AND CHILDREN**

*Presented by Phyllis Tomlinson*

Change is not coins in your pocket . . . change is real and can be very challenging for parents and children. This workshop will offer practical ideas for going through changes, expected and unexpected, in a manner that is emotionally safe and promotes safety and security in children and their parents.

**Tuesday, February 2**

## **CPR FOR PARENTS OF INFANTS AND CHILDREN**

*Presented by Milton Mitchell, Unique Services TB*

**Tuesday, March 1**

## **CREATING A LOVE OF LITERACY IN YOUNG CHILDREN**

*Presented by Wesley Gibson and Sarah Williams, LEAP (Literacy Enrichment and Play)*

Learn how to instill a love of literacy in your young child through books, songs, storytelling, environment, oral language, and play. We will help show you how to create a playful literacy environment where reading is encouraged and imagination can take flight. Understanding the different ways of reading to your child will help promote oral language and comprehension. Parents will learn the importance of helping their children make connections to the real world through the books they read.

