Pathways to Parenting
Winter/Spring 2014

This series is dedicated to informing parents on the issues surrounding the concerns and challenges on education, social pressures, early childhood and more.

Unless otherwise noted, all programs require advance registration. Register online, in-person, or by telephone.

Important Conversations with Children in Time of Divorce
Whether you are involved in the divorce process or know someone that is, this workshop will help participants understand children’s feelings and reactions to divorce. Understand the unique experience of children and learn effective strategies to provide constructive support and minimize destructive behaviors.

Thursday, February 6
7:00 PM
Rotary Room, Main Library

Presenter: Dorothy Timmermann, LMFT, Executive Director of Fairfield Counseling Services

A Special Interactive Story Time: Hands are Not for Hitting
Children, ages 3-5, and their parents are invited for a special story time that guides preschoolers to more positive ways to handle their differences with other children.

Wednesday, February 19
10:00 AM
Rotary Room, Main Library

Presenter: Milissa Schramm is a Community Educator for The Center for Family Justice

Listings continue on back >>>
Be a Superstar Mystery Reader!
Children’s Librarians, Judy Sparzo and Beth Sahagian will recommend and demonstrate great books for parents to read aloud as a Mystery Reader in their child’s elementary class.

**Wednesday, March 12**
**10:00 AM**
**Platt Walsh Room, Fairfield Woods Branch Library**

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**How to Take the Frustration Out of Toilet Training**
Learn how to develop an approach to help your child transition from diapers to toilet with minimal amount of frustration. A parenting educator will help parents determine if their child is ready to use the potty, share the most successful potty training methods, and tell us what NOT to do!

**Thursday, March 27**
**7:00 PM**
**Rotary Room, Main Library**

**Presenter:** Ingrid Prueher is a Certified Family Sleep Institute Consultant, Certified Lactation Counselor, Certified Happiest Baby on the Block Educator and a Postnatal Stress Management Coach

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**Does “No” Mean “No” or Does “No” Mean “Maybe?”**
Do your children’s challenging behaviors frustrate you? Are you giving mixed messages that help create the challenging behavior? Learn how parents give mixed messages, and take away strategies that really work to build your parenting skills and decrease power struggles and challenging behaviors.

**Thursday, April 3**
**7:00 PM**
**Rotary Room, Main Library**


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**Effective Parenting: Principles and Skills for Improved Communication and Connection**
Susan Bauerfeld, PhD, believes we can all learn a more effective way of managing our lives, our jobs, and our families. All it takes is the will, hard work, some knowledge and encouragement. Dr. Bauerfeld will lead a workshop teaching parents the skills for facilitating change using the principles outlined in the book *How to Talk So Kids Will Listen and Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish.

**Thursday, May 15**
**7:00 PM**
**Rotary Room, Main Library**

**Presenter:** Susan Bauerfeld, PhD, is a licensed clinical psychologist who specializes in parenting skills training and coaching.

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**Baby/Toddler Play Groups**
The following programs are new to Children’s Services this year. We know how important it is for parents to have a safe space to meet others, share stories, and seek advice. Play groups are drop-in programs.

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**Side by Side**
Are you a parent to a new baby? Do you wish you could laugh... or cry about the ups and downs of parenthood? Join Ms. Mary for a Saturday play group dedicated to babies and toddlers, ages 0-2. Each month an expert will join the group to discuss parenting concerns or showcase something new or fun. Older siblings are welcome, but topics and toys are focused on babies’ development and needs.

**Saturdays, February 1-May 17**
**10:30 AM-12:00 PM**
**Children’s Room, Main Library**

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**Stay and Play**
Stop in after a scheduled story time for babies and toddlers and then stay, play, meet and socialize with other parents/caregivers.

**Tuesdays & Thursdays, 10:00 AM-12:00 PM**
**Winter: January 21-March 13**
**Spring: April 1-May 22**
**Children’s Room, Fairfield Woods Branch Library**

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All programs are free and open to the public. Limited seating.
Register online at www.fairfieldpubliclibrary.org, or call 203-256-3161.