



Mercer Island Parent Education

Bringing Ideas & Insights to Empower Parents, Students, Teachers & Staff



9:30 a.m. Wednesday, April 27, Lakeridge Elementary

Liliana Lengua, Ph. D.

Supporting Elementary-Aged Children Through Change: Promoting Resilient Responses to Life's Stresses

As parents, we serve a critical role in raising resilient children. We buffer them from the experiences of adversity and stress, promote their self-regulation and coping skills, and provide them with opportunities to grow from their experiences.



Join us for a morning with Dr. Lengua as she discusses how our effective parenting, supported by mindfulness, can promote our children's resilient responses to stress.

**FREE for MI PTA Members; \$10 at the door for non-MI PTA Members
(cash or checks only at the door)**

Liliana Lengua, Ph.D., UW Professor of Psychology and director of the Center for Child and Family Well-Being, is a child clinical psychologist and a mother of 3 children. She is an internationally recognized expert on children's vulnerable and resilient responses to stress, demonstrating how parenting and children's temperament contributes to children's unique responses to stress. She has developed an evidence-based parenting program infused with mindfulness practices to enhance parenting effectiveness. She has been the principal investigator of several federally funded research projects and is the author of over 70 published papers. She serves on the steering committee for the CDC funded Washington State Essentials for Childhood Initiative, collaborates with the Harvard Center for the Developing Child's Frontiers of Innovation, and serves on the board of trustees for Neighborhood House, a private, nonprofit anti-poverty organization.



Jointly sponsored by the PTAs of Lakeridge, West Mercer, Island Park, Islander Middle & MIHS schools and MIPA

www.MIParentEdge.org

Like us on **MI Parent Education**