

Parent Workshop

Wednesday, May 23 at 9:10 at B'nai Torah Nursery School

Join Kelly Grich, Holistic Health Coach, Pediatric Massage Therapist

Natural Relief from Anxiety and Support for Parenting Highly Sensitive Children



Are you struggling to get your child to cooperate? Does your child experience anxiety? have frequent tantrums?.....react extra sensitively?.....experience difficulty falling asleep? Does your child get overwhelmed by crowds?..... have frequent headaches, stomachaches, constipation....have poor self-esteem.....act like a perfectionist....often referred to as shy?

Today's world can be overwhelming. It is even more so for highly sensitive children who make up 20% of the population. These children are creative, empathic, intelligent, are often referred to as "old souls", and have a sense of knowing. With these blessings come many challenges because they are so sensitive and overwhelmed.

"I am passionate about helping parents and early childhood professionals understand this population and help reduce their sensitivities and anxieties."

Please RSVP to Joan Watnick at joan.watnick@gmail.com