

Monday, January 30th, 2017
Edina Performing Arts Center (EPAC)
Edina High School
7-9 PM **FREE!**

Edina PCN Presents
**Kids, Parents and Power Struggles:
The Secret to Managing the Intensity**
Mary Sheedy Kurcinka, Ed.D.

How do you discipline the child who refuses to take “no” for an answer and seems to know the perfect trigger to push your buttons? Do you worry that if you “give in” today, you will be giving in forever? What do you do when every day activities like bedtime, homework and getting out the door become battles nobody wins? Mary Sheedy Kurcinka will help parents develop an understanding about what is behind their child’s challenging behavior, how to build a better relationship with their children and effective tools and techniques for preventing the daily struggles and managing the intensity.

Known for her real-life examples, Mary Sheedy Kurcinka links research-based information with typical challenging behaviors and provides practical solutions which really work. She is an internationally recognized lecturer and parent educator and the author of the top selling parenting books *Raising your Spirited Child, Sleepless in America: Is Your Child Misbehaving or Missing Sleep* and *Kids, Parents and Power Struggles*. She recently earned a spot on Amazon’s Top 25 Parent Education authors list. Mary Sheedy Kurcinka holds a Doctoral degree in Educational Leadership from Hamline University and a Master’s degree in Family Social Science from the University of Minnesota.

CEU credits available for \$20

Donations always welcome

www.edinapcn.com

Edina PCN is a 501(c)(3) nonprofit organization dedicated to bringing recognized parenting resources to the Edina community. All forums are free.