

The Peninsula Parent Speaker Series presents:

Dr. Laura Markham

Tuesday, February 6th at 7:00pm

San Mateo Performing Arts Center

Peaceful Parents, Happy Kids



Are you tired of battling with your teen?

Do you wish you knew how to get your teen to cooperate without yelling and threats?

Are you trying to find the sweet spot between spoiling and strict?

Dr. Laura Markham gives you practical everyday strategies to help you raise a teen who WANTS to cooperate, by working with your child rather than trying to manipulate or control.

No parent is peaceful all the time, but it's completely possible to create a more peaceful home where affection, connection, and humor help you resolve conflict happily, and where kids WANT to follow your lead.

In this talk, you'll have a chance to ask questions about your own parenting, and you'll learn:

- * Why children misbehave -- and how to help them WANT To cooperate without yelling, threats, bribes or consequences *
- * What research shows about how children develop self-discipline *
- * The four power tools you can use to connect with children and help them with their emotions *
- * How you can create the relationship you want with your child *

Dr. Markham's expertise extends across all age groups and will address questions from early childhood through the challenging teenage years.

Dr. Laura Markham trained as a clinical psychologist, earning her Ph.D. from Columbia University. She is the author of the highly successful *Peaceful Parent, Happy Kids* and *Peaceful Parent, Happy Siblings*. The founding editor of AhaParenting.com, Dr. Markham also serves as a parenting expert for many other websites, such as Psychology Today and Mothering.com. She has made numerous radio and TV appearances and has been featured in articles by *The Wall Street Journal*, *Redbook*, *Newsday*, and *Parents Magazine*.

Admission: \$5 per person in advance, \$10 at the door

<http://markhamppss.bpt.me>

Spanish and Mandarin interpretation will be available.

Dr. Markham will be available for book signing after the event.

Books will also be available for purchase.

The Peninsula Parent Speaker Series is a volunteer-run partnership between the San Mateo Union High School District and the Burlingame School District's PTA Council. Contact peninsulaparentspeakerseries@gmail.com with any questions.