



### Conference on Parenting at SDFAS

## HOW TO ENHANCE YOUR CHILD'S SELF-ESTEEM

Thursday, October 11<sup>th</sup> from 6:30pm to 8:00pm

with Hilde Gross, Family Coach & Stress and Anxiety Relief Expert

(1 hour conference followed by 30 minutes Q&A in the SDFAS Auditorium)

Although there are times when praise can be encouraging, teachers and parents will be most effective if they avoid praising children too often. "Encouragement" helps our children to believe in themselves. This is known as "internal gratification". "Praise" such as good, great, better, best and excellent serve to condition children to look for "external gratification". Praise keeps the child dependent on the authority figure to feel good about him or herself. On the other hand, encouragement allows your child to focus on how she feels from the inside out. Praise focuses on the person where encouragement focuses on the effort. Focusing on the effort (encouragement) leads to internal gratification, intrinsic motivation, and increases self-esteem!

For more information feel free to contact Hilde at (619) 379-7646 or visit her website at: <http://www.SecretsToSuccessfulParenting.com>

### Registration to the conference is mandatory:

Sign up at the front desk or email Stéphanie Humbert at [admin@sdfrenchschooll.org](mailto:admin@sdfrenchschooll.org)

*Deadline to register: Thursday, October 11<sup>th</sup> 2018 by 12:00 noon*

#### **Also, please note the dates for a 5-week Parenting Seminar with Hilde Gross:**

Tuesdays: Oct 30, Nov 6, 13, 27 & Dec. 4

Time: 6:30pm - 8:30pm @ SDFAS

*Price: \$270 per person or \$370 per couple (+ \$36 for workbook and textbook)*

Thursdays: Nov. 8, 15, 29, Dec. 6 & 13, 2018

Time: 6:30pm - 8:30pm @ Little Steps Preschool, across from SDFAS

*Price: \$270 per person or \$370 per couple (+ \$36 for workbook and textbook)*

**To register, please send an email to Hilde Gross [Hilde@hildelcs.com](mailto:Hilde@hildelcs.com) or call her at (619) 379-7646**