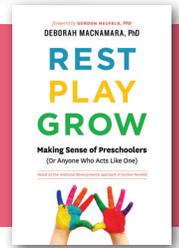


La Leche League Canada AB/NWT and Jasper Place Family Resource Centre  
Present a Full-Day FREE Online Professional and Parenting Workshop with



# Deborah MacNamara

Deborah MacNamara, PhD is a renowned clinical counsellor, educator and author of *Rest Play Grow: Making Sense of Preschoolers (Or Anyone Who Acts Like One)*. She is on Faculty at the Neufeld Institute and presents on all of the Neufeld material.



## Friday, May 7, 2021

9 – 10:45 am

### ***The Preschooler Personality***

There is no one as prone to being misunderstood than the preschooler. With their own preschooler personality, they routinely defy logic and can baffle adults who care for them. They can go from 0 to 60 in a matter of minutes and are well known for their impulsive and egocentric ways. The secret to raising them is to realize their behaviour isn't personal, but developmental, and to work at creating the conditions so they can grow up. Deborah will reveal the distinct characteristics of the preschooler and shed light on why they are this way in the hopes that it leaves you feeling more patient and compassionate for these little people in your life.

11 am – 12:30 pm

### ***Bedtime Battles: The Dance of Sleep and Separation***

There are many reasons we need our children to go to sleep when we want them to, for their sake and certainly for ours. Sleep cannot be commanded however, in children or ourselves for that matter. The more urgent we become about sleep, the less likely it is to happen.

For children it is primarily a separation issue and the way we help parents solve this issue can have lasting effects in many arenas — their future parenting, their relationship with the child, never mind the child's emotions and personality.

Unfortunately, many have taken a wrong turn with sleep issues, some playing the separation card to bring sleep as a defense; others making the child responsible to learn self-soothing skills. The answer to the sleep problem lies in understanding the nature of the underlying threat. Dr. McNamara will discuss why youngsters have sleep problems in the first place, and then outline a safe three-pronged approach that can address most any problem that can exist for a child. She will also discuss the most ancient and traditional tool of all for helping children go peacefully to sleep, together with the reasons that science is now giving us for how and why this tool works.

1:30 – 3 pm

### ***What to do with Children's Big Emotions***

Emotion is often dismissed or seen as a problem, but it is at the core of healthy development and well-being. What are the implications for raising children? How can we ensure healthy hearts and what does heart hygiene look like? How do we teach our children the language of the heart? Should we be discouraging negative emotions' and encouraging our children to calm down? This presentation will bring clarity to the plethora of confusing information bombarding parents and educators today.

3:15 – 4:30 pm

### ***What do our Preschoolers Need from Us?***

The closing address will provide the developmental road map to take our preschoolers from from immaturity to maturity, highlighting the special role we play in helping them get there.

### **Attend one session or the entire day!**

Sessions will be recorded and available for viewing until Monday, June 7th, 2021

*There is no charge to attend this event, however, **registration is required** before May 6, 2021 at 6 pm MDT.*

**REGISTER ON-LINE AT: <https://www.lllc.ca/lllc-ab-nwt-conference-may-2021>**

For additional information, contact:

**Nancy** at [lllc.edmonton@gmail.com](mailto:lllc.edmonton@gmail.com) or **Wendy** at [jpfrnhub@jasperplace-cfrc.com](mailto:jpfrnhub@jasperplace-cfrc.com)