



Workshop Topics – Parent Education

“Help Your Child Build Inner Controls Without Losing Control Yourself”

“Siblings Without Rivalry—an Impossible Dream? How to Reduce the Competition and Build Community Within the Family”

“Building Children’s Self-Esteem Through Understanding and Accepting Their Feelings”

“Responding to Children’s Fears”

“Kindergarten Readiness—What Should Parents Do to Help Their Children, and What Should Parents Expect from Schools?”

Note: “The Agony and the Ecstasy of the Kindergarten Transition” is a similar workshop to “Kindergarten Readiness,” but it is aimed specifically at parents whose children will be entering kindergarten very soon and includes strategies to support children before and during the actual transition into kindergarten.

“The Good Life vs. the Life of Goods—Transmitting Values to Children”

(this workshop can be provided at any time during the year, but tips on getting through the winter holidays can be especially useful!)

“Understanding Child Development—What to Expect at Different Ages and Stages”

“Talking to Children About Sex: When, Where, and How?”

Nancy Shlaes Bruski, MA, LCSW

1624 Ashland Ave., Evanston, IL 60201 · 1740 Ridge Ave., Suite 200B, Evanston, IL 60201
(847) 475-1828 · email: nancybruski@comcast.net