

Join Peter Kirk and Mark Twain and Ben Franklin parents for a parent lecture on:



Growing Healthy Thinkers

The why and how to teach kids to grow a great brain.

Save the Date:

November 5th 7:00 pm –8:30 pm at Mark Twain Elementary School 9525 130th Ave NE

No registration necessary. Contact tammygilliam@gmail.com with questions.

Science has helped us to understand it is crucial to teach kids essential skills like delayed gratification, how to hold and process big emotions, what actually grows self esteem and how to help program the brain to make good choices even when puberty hits (which starts around third and fourth grade). Join other parents for an interactive and informative night of the fundamentals of child brain development and how you can teach kids to understand how to make the healthy brain paths for healthy thinking.

We will talk about:

- Brain development and the why and how to teach your kids about their growing brains.
- How to help kids be a safe container for big feelings.
- What you can do now—to make parenting easier when your kids become preteens and teens.

About the Presenter: Yvonne-Monique Aviva, of Parent Tool School, has worked with youth and parents for over twenty years in school districts, social service agencies and in private practice, supporting social emotional education and drug and alcohol prevention for youth. She offers parents a mixture of brain science, research based prevention strategies and practical guidance seasoned with a good dose of humor. Yvonne-Monique is a proud and imperfect mom of a college senior and a sixth grade son.

Sponsored by Peter Kirk Elementary PTSA, Mark Twain Elementary PTSA, & Ben Franklin Elementary PTSA

