

Mindful Parenting Skills Group: The Early Years

*Do you feel stressed about knowing the “right” thing to do when your child is scared or acts out?
Do you feel confused about all the parenting advice and strategies you see on social media and elsewhere?
Do you dread how your child might react to something unexpected?*

You are not alone. Parenting a child through the early years comes with great joys and great challenges. And it's hard work. Parenting stress can make it hard to parent the way you want to and can create tension for everyone in the family.

The Mindful Parenting Skills Group for the Early Years is a virtual group for parents of **children ages 2 - 8 years** who are looking to learn **evidence-based parenting strategies** including how to handle the challenges of daily routines, transitions, tantrums, fears/worries, and more. This program will also introduce mindfulness as a way to alleviate parental stress and help parents raise their children in a way that aligns with their values.

Who should join? Parents of children ages 2-8 years old located in MD, DC, VA (or PSYPACT state)

When: Fridays at 12 noon-1 PM starting in January 2024

Where: Online telehealth platform

Session Topics: 1) Mindfulness & Parenting Values, 2) Emotion Coaching, 3) Encouraging Good Behaviors, 4) Daily Routines, 5) Managing Disruptive Behaviors, and 5) Supporting Child Anxiety

Cost: \$690. The cost of this program includes:

- 6 one-hour group sessions
- An individual 15-minute introductory phone consultation
- One makeup session where content from any missed weeks will be reviewed with the group



Facilitator: Rachel Kolsky, Ph.D. is a licensed psychologist at Brighter Outlook Cognitive Behavioral Therapy, LLC. She is a certified Parent-Child Interaction Therapy (PCIT) therapist and within-agency trainer. Dr. Kolsky also has specialized training in early childhood behavioral interventions, developmental assessment, parent training, and perinatal psychology.

Email Dr. Kolsky at rkolsky@brighteroutlook-cbt.com to inquire about enrollment.