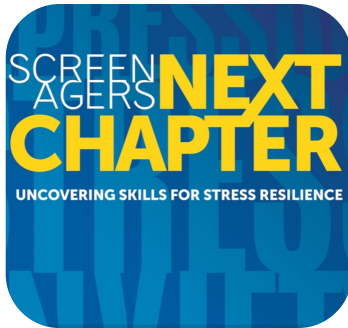


PARENT EDUCATION NIGHTS

at Beaverton City Library

www.BeavertonLibrary.org/Parents



Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience

Tuesday, February 4 • 6-8 PM

Adults and teens only

Film screening and discussion.



Growth Mindset: A Framework for Optimal Child Development

with Megan Barella

Monday, March 2 • 6-7:30 PM

Adults only

Set 2 training certificate provided



Your Child IS a Music-Maker!: How We Are Built to Enjoy, Learn and

Make Music with Kayla Hughes

Monday, April 6 • 6-7 PM • Adults only



Simplicity Parenting

with Dr. Kathy Masarie

Monday, May 4 • 6-8 PM • Adults only



Beaverton City Library • 12375 SW 5th St • Beaverton, OR 97005 • 503-350-3600
www.BeavertonLibrary.org/Kids • @beavertonlib

 **Need Assistance?**
503-526-2497 • Use 7-1-1 for relay
www.BeavertonOregon.gov/ADA



PARENT EDUCATION NIGHTS

at Beaverton City Library

Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience

Tuesday, February 4 • 6-8 PM • Adults and teens only

This film explores the challenges teens face in a screen-filled society and what parents and educators can do to help teens build crucial skills to navigate stress, anxiety, and depression in our digital age. Film is 1 hour 9 minutes, followed by discussion.

Growth Mindset: A Framework for Optimal Child Development

with Megan Barella

Monday, March 2 • 6-7:30 PM • Adults only

How does a growth mindset apply to children's socio-emotional, cognitive and secure attachment development in early childhood? Apply the latest brain science on mindset and motivation to help children master developmental milestones, develop their gifts and abilities, and build secure attachment. Bring the growth mindset research alive in your home and classroom to transform developmental challenges, optimize children's brains for life-long learning and help children develop a trust in themselves and you!

(Early Childhood Educators: Training certificate provided: Set 2; CKC: HGD, Age Group: PS& SA)

Your Child IS a Music-Maker!: How We Are Built to Enjoy, Learn and Make Music

with Kayla Hughes

Monday, April 6 • 6-7 PM • Adults only

Many people equate being "musical" with being "talented". Did you know that all children can learn to dance and sing as naturally as they learn to walk and talk? Learn more about how we're ALL musical!

Simplicity Parenting

with Dr. Kathy Masarie

Monday, May 4 • 6-8 PM • Adults only

Counter our "Too much, too fast, too soon" culture with compassion, creativity and calm! A big fan of Kim John Payne, Portland pediatrician Dr. Kathy Masarie is on a mission to spread the powerful news about the amazing impact of Simplicity Parenting. During her talk, you will learn how to maximize family connection by minimizing outside influence--from our toxic culture, the media, and the adult world. Dr. Kathy also will share information about Compassionate Communication, an invaluable tool that can help diffuse conflict, increase cooperation and create harmony in your home.

The Beaverton School District does not sponsor or endorse the activities and/or information in community flyers.