



# Big Feelings, Little Bodies

How parents can help their little ones manage their emotions

**SPEAKER: KRISTENE GEERING, M.A., ED.**

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**MONDAY, MARCH 5, 2018**

**7:30 PM - 9:00 PM**

**CUBBERLEY COMMUNITY CENTER THEATER**

4000 MIDDLEFIELD ROAD, PALO ALTO CA 94303

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Parents know that a secure and loving attachment is important. What they don't understand is the neurological significance of creating that. In this talk, parents will learn how:

- They can address this vital element of their children's early development
- How crucial a healthy attachment is for overall development
- Why mindfulness and meditation are good for growing brains
- Benefits of a regular mindful practice for children and parents alike
- Three take-home calming techniques their child can use now



Kristene is a mother of twins, has a Master's Degree and California Teaching Credential in Early Childhood Special Education, graduate-level training in psychotherapy (Dramatherapy), training in mindful education through Mindful Schools, and is an Independent Certified Instructor with the Baby Signs® Program. She is also an alum of PreSchool Family--she and her now 8-year-old twins were fortunate to have spent 5 years at PSF!



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