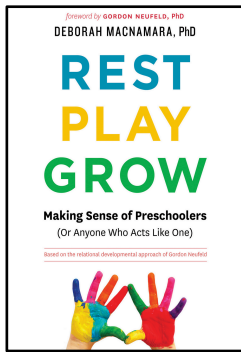


REST, PLAY, GROW: MAKING SENSE OF PRESCHOOLERS

FALL 2019



AN ONLINE BOOK STUDY

CONTENT:

“Rest, Play Grow: Making Sense of Preschoolers (or anyone who acts like one)”

AUTHOR: Deborah MacNamara, PhD, completed a two-year post doctoral internship with Dr. Gordon Neufeld, is an award winning

researcher, and has over 20 years experience as a teacher and counsellor working with leading institutions such as the University of British Columbia, Kwantlen Polytechnic University, the Canadian Mental Health Association, and the Vancouver School Board.

DETAILS

REQUIRED:

“Rest, Play, Grow” by D. MacNamara

CONTENT:

Participants will read the chapters identified and complete appropriate sections of the Study Guide.

GROUP DISCUSSION:

Participants will meet online to process the material they have read and to ask questions about the content.

FACILITATOR: Sessions will be facilitated by Eva de Gosztanyi, psychologist, CEBM

To register click here: [RPG-Fall 2019](#)
or go to www.cebm.ca - EVENTS

REGISTRATION : FREE
English School Boards of Quebec

For information: Eva de Gosztanyi, CEBM edegosztanyi@rsb.qc.ca

COURSE DISCRIPTION

Baffling and beloved, with the capacity to go from joy to frustration in seconds, young children are some of the most misunderstood people on the planet. Parents and caregivers struggle with these little ones, who are known for their extreme behaviour, from tantrums, resistance, and aggression to separation anxiety, bedtime protests, and not listening. The key to understanding youngsters lies in realizing that their challenging behaviour is not personal, nor is it a disorder or deficit. Based on science and the relational developmental approach of renowned psychologist and bestselling author Gordon Neufeld, *Rest, Play, Grow* reveals how adults have a critical role to play in creating the conditions for young children to flourish.

TOPICS INCLUDED: orientation to the developmental approach; characteristics of the preschooler; the importance of play; the role of attachment; the alpha role and alpha children; emotions and vulnerability; tantrums and tears; opposition; and finding ways to discipline that are developmentally friendly.

TUESDAY FROM 3:30 to 4:30 - ONLINE

October 8	<u>Session 1</u>	Chapters 1 and 2
October 22	<u>Session 2</u>	Chapters 3 and 4
November 5	<u>Session 3</u>	Chapters 5 and 6
November 19	<u>Session 4</u>	Chapters 7 and 8
December 3	<u>Session 5</u>	Chapters 9 and 10

Register by Sept 27,
2019

