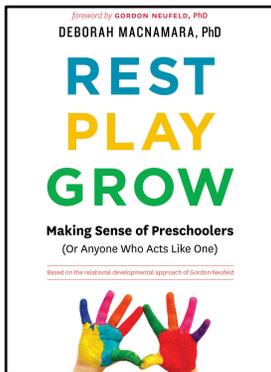


REST, PLAY, GROW: MAKING SENSE OF PRESCHOOLERS



This course uses the Professional Learning Community (PLC) model to enhance staff development.

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

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.

REGISTRATION : FREE
English School Boards of Quebec

To REGISTER contact: Eva de Gosztanyi, CEBM

edegosztanyi@rsb.qc.ca

COURSE DESCRIPTION

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. This is the story of how young children develop, from their intense need for attachment and the vital importance of play to discipline that preserves growth. Engagingly written, with compassion for its subjects and rich with stories from them and their parents, *Rest, Play, Grow* will forever change the way you think of the preschoolers in your life.

MONDAYS FROM 3:30 to 4:30 - ONLINE

MARCH 11	<u>Session 1</u>	Chapters 1 and 2
MARCH 25	<u>Session 2</u>	Chapters 3 and 4
APRIL 8	<u>Session 3</u>	Chapters 5 and 6
APRIL 29	<u>Session 4</u>	Chapters 7 and 8
MAY 13	<u>Session 5</u>	Chapters 9 and 10

Register by Feb 28, 2019

