

PARENT EDUCATION

Date:

Monday, May 17th,
2010

Time:

7:00 pm — 8:30 pm

Location:

Issaquah Middle
School Commons
400 1st Ave SE

Free Admission

Getting to Calm: Cool Headed Strategies for Parenting Your Teen and Tween

Laura Kastner Ph.D, UW psychologist and
nationally recognized expert on teen behavior

Raising an adolescent is a daunting experience. We love our kids, but when they come across as bratty, defiant, thoughtless or irresponsible, we feel challenged like never before. New brain research is shedding light on the causes behind the chaos, giving parents insight into a better way to relate to their teen. With humor, wisdom and a deep understanding of the teenage brain, Dr. Laura Kastner will provide clear and useful tools for parents, giving them effective new ways to manage their own emotions in the heat of the moment with their teen while maintaining — and even gaining — closeness.

Dr. Kastner is a clinical associate professor of psychiatry and behavioral sciences at the University of Washington and a nationally-recognized expert on teen development and behavior. She is also a practicing clinical psychologist and co-author, with Jennifer F. Wyatt, of *The Seven Year Stretch: How Families Work Together To Grow Through Adolescence*, *The Launching Years: Strategic Parenting From the Senior Year to College Life*, and *Getting to Calm: Cool-Headed Strategies for Parenting Teens and Tweens*.

IMS PTSA PARENT ED REPRESENTATIVE

For more information, contact
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The Issaquah PTSA Council proudly welcomes Dr. Laura Kastner