

Helping Kids Learn and Thrive

Simplicity Parenting and the Family Brain

Date:

Thursday, March 1
7:00 - 8:30pm

Location:

Cougar Ridge
Elementary
Multi-Purpose Room
4630 167th Ave SE
Bellevue, 98006

All parents are
welcome to attend this
FREE PTSA-sponsored
presentation.

Pediatrician and parenting coach Dr. Kathy Masarie will share insights into how the brain learns and grows and how to create the “family brain”.

- Learn how minimizing the outside influences of the adult world (culture, media) will impact our children’s brains in a positive way.
- Explore how parents can shift from an environment of “too much, too fast, too soon” to one of creativity and calm to improve learning.
- Understand how the tone of our interactions with our children and their emotional tenor can affect their brains and their ability to learn.



PTSA
everychild.onevoice.

Dr. Kathy Masarie was a pediatrician for more than a decade before she founded *Full Speed Ahead*, a non-profit organization in Portland. She now works as a parenting coach and leads classes and seminars, working with adults and youth to help kids stay healthy and improve family dynamics. She is also the author of *Raising Our Sons* and *Raising Our Daughters*, and a parent of 2 college students.

For more information
please contact PTSA
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