



MONTECITO SCHOOL and JOYFUL PARENTING COACHING  
present the



# Harmony at Home Learning Series

**WHAT:** a three-session series to create **peace, calm and flow in your home,** so you can have the close warm, connection you want with your kids.

WEEK I: Parenting Deliberately: Creating Your Family Plan by <b>Identifying Your Values</b> and Prioritizing them
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WEEK II: <b>Sunny Sendoffs to School to Serene Sleeps:</b> Structuring the Home with Routines that allow the Day to Flow and Strengthen the Home/School Connection
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WEEK III: Parenting the Individual Child: <b>Seeing your Child's Strengths</b> and Building Them Up for Happy Cooperation at Home and School
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**DATES:** THURSDAYS, NOVEMBER 16<sup>TH</sup>, 30<sup>TH</sup> AND DECEMBER 7<sup>TH</sup>  
NOON-1:00 P.M.

(There will be a free-of-charge bonus class in Cuesta Park for parents and kids together on Saturday, December 9<sup>th</sup> at 10:00 a.m. to learn no equipment, cooperative games that can be played almost anywhere.)

**WHY:** Parents can get all the information they need from books and the internet. The problem is that there is just *too much* information, and it is not tailored to your family. It does not take your **values and priorities** or your own style into account. And it does not show you how to apply the information to your unique situation. Going down the rabbit hole that is the internet can leave you worrying and doubting yourself—and that just sucks the joy out of parenting.

In each class we will learn new concrete skills and expertise and at the same time will have time every week for individual questions.

**WHO:** Elisabeth Stitt, author of *Parenting as a Second Language*, brings 30+ years of working with kids and families. As an educator, she firmly believes parenting is a skill that can be taught, practiced and mastered. Learn more about about her at [www.elisabethstitt.com](http://www.elisabethstitt.com). Questions? 650.248.8916.