



# Parenting my 10-12 year old



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& Register**

**Thursdays  
3/2, 3/9, 3/16  
~ 2023 ~  
6:00-7:30 PM**

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# Parenting my 10-12 year old

Your "tween" is growing up and forming friendships but they still need you, their parent, to help guide them. Help guide your "tween" into their teen years while encourage meaningful time with your child.

## We'll cover practical strategies which are effective and research-based.

- Learn to support your child in their growing independence to build healthy friendships which promote positive development.
- Identify how to foster positive self-esteem in children, so they can better resist negative peer pressure and make better choices for themselves.
- Explore your child's development (body and brain) and how to support their growth and set realistic expectations.
- Learn respectful and effective ways to discipline and how to encourage school success in your child.



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**Location:** On Zoom!

**Educator:** Deanne Ririe

**Questions:** Call or text Deanne at 805-788-8206

**Learn more & register:** <https://conta.cc/3F1w4x1>

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