

MOORLANDS ELEMENTARY PTA PRESENTS



STRONG START:

HOW TO TALK WITH YOUR CHILD ABOUT PUBERTY

A 2-hour seminar for elementary school parents of students in 3rd to 5th Grade

Puberty – a time of many changes and many questions. Knowing what to expect and how to talk about it can really help. This seminar gives you the tools, tips and strategies to have these important conversations. Come join us and learn:

- What puberty is all about!
- What changes to expect – physically, emotionally and socially
- How to start talking with your child –what to say and how to say it
- Common questions your child may have and how to answer them
- Available resources to help you along the way

Talking with your child about puberty helps them understand their bodies, know what to expect, and feel less anxious about growing up. It also ensures they learn about puberty from the adults who matter most to them – you!

Where: Inglemoor High School Small Auditorium

When: February 13th, 2018

Time: 6:30-8:30pm

Robin Wallace-Wright, of The Wright Conversations, has 15 years of experience as a sexuality educator. She is passionate about making growing up easier for young people and the adults who love them. She specializes in giving parents the tools, knowledge and confidence they need to guide their children on their journey toward adulthood. Robin has facilitated hundreds of workshops empowering parents and families to have the “Wright” conversations.

Moorlands PTA welcomes parents and caregivers for this evening of information and education. The recommended audience is for families whose students are 3rd to 5th grade but it is open to all. A suggested donation of \$5 per person is requested but no direct admission will be charged.