


Healthy Families, Happy Kids



Day Prep Parenting Series 2021 - 2022
Presented by Cara Day, Founder of Day Prep
dayprep.com

<p>Wednesday, October 6</p> <p>Pause, Prompt, Praise</p> <p>Do's and Don'ts of guiding your child as an author and reader from birth to college. Empower yourself as your child's first and most important teacher.</p>	<p>Wednesday, November 3</p> <p>Family Success: Wining Ways to Speak</p> <p>Learn powerful communication skills to help you de-escalate tough family moments and empower every player. Develop your family success plan.</p>	<p>Wednesday, December 1</p> <p>The Choice Chart</p> <p>Bring clarity and consistency to family life (so you can have more fun!) with this practical, easy-to-implement daily behavior guidance tool.</p>
<p>Wednesday, January 5</p> <p>Tough Talk</p> <p>What to say to your children and some very important things not to say, at any age, about sex, terrorism, natural disasters, porn, drugs, and loss.</p>	<p>Wednesday, February 2</p> <p>Unplugged</p> <p>Enrich your family life with a balanced approach to media & technology. Tackle earbuds, sexting, numbing out, and more!</p>	<p>Wednesday, March 2</p> <p>Family Literacy Traditions</p> <p>Learn 10 activities to bring your family closer together through reading, writing, speaking, and listening. Superglue your family and raise intelligent beings.</p>
<p>Wednesday, April 6</p> <p>Sleep, Nutrition, and Exercise</p> <p>Learn unique and useful information about how to significantly improve the quality of these areas in the life of your children so they can reach their potential as a scholar, athlete, and being.</p>	<p>Wednesday, May 4</p> <p>Dinner Decorum that Strengthens and Binds</p> <p>Super-charge the family mealtime and create your own family fraternity. Learn two simple, life-changing family mealtime traditions that your children will cherish and pass onto their own.</p>	

9:00 - 11:00 a.m.

Attend in person or via Zoom

In Person: 1224 Prospect Street, La Jolla 92037

Zoom: Links for each session are at dayprep.com/live-events

COST: Free and open to all families—bring a friend!

RSVP: Required to ensure a fabulous experience.

Registration Required: Register today! For live OR Zoom at dayprep.com/live-events/