



The Gifted-Teen Coach LLC

Margit Crane M.A., M.S., M.Ed., is The Gifted-Teen Coach and an acclaimed author and speaker on family relationships. She specializes in ADD/ADHD, and was herself diagnosed in 1980. A former teacher and school counselor,

Margit helps families release tension, frustration, and confusion. The result is better communication, increased self-esteem, more moments of success, and a lot more FUN in their relationships. She is the author of several books, including the forthcoming title, ***Gifted with AD/HD: Insider Strategies to Increase Your Child's Happiness and Success.*** www.TheGiftedTeenCoach.com

Workshops and

Catalyst, Go-Getter, Carpool Driver, Mom: Ever wish you could snap your fingers and transform your career highs into home-life highs? Learn how to tap into your entrepreneurial spirit to become a confident and enthusiastic parent.

Supporting Your ADD/ADHD Child's

Gifts: Build your child's confidence and self-esteem, and channel their energy into practical yet meaningful goals.

Developing Your Gifted or Talented

Child's Emotional Intelligence: Honor the gifts and talents of your child while parenting at age-appropriate levels so that they can grow into emotionally mature adults.

Coaching! Do your kids control your mood and your home? Is loving your gifted child a bittersweet experience? Do you dream of smoother communication with your teens? Do you find yourself staring at your tween and dreading adolescence? Are you embarrassed that you're so frustrated with your AD/HD child? Are you looking for solutions tailored to your values and your family?

By phone or in person Margit's coaching is designed maximum success with quick results; tailored for your family - anywhere in the world.



P.E.A.C.E of Mind, Inc.
Parent Education and Child Empowerment

Kim Estes and Sabrina Sessa are the co-founders of P.E.A.C.E of Mind, Inc. (Parent Education And Child Empowerment)

www.pomwa.org . Each was called into action by a predatory incident that highlighted the immediate need for progressive education to reduce risks of childhood sexual abuse and abduction. They are both certified prevention educators through the National Security Alliance, the Kid Safe Network and are certified Darkness 2 Light facilitators.

Kim & Sabrina aim to liberate parents from outdated personal safety tactics and empower families with current, cutting edge education that works to keep kids safe in today's world. They have appeared on local and national TV and Radio shows, helping to raise awareness on the importance of prevention education. Their tireless efforts have been recognized by awards from local sheriff departments and community organizations.

Workshops and

Strategies for Summer Safety: Help make this a fun and safe summer by giving your family some P.E.A.C.E of Mind! Personal safety is a life skill. Start an open safety conversation today and keep them safe for a lifetime!

Keeping Your Kids Safe in Today's world (Without scaring them or you!) All the essential tips and tools you will need to confidently talk to kids from age 2 - 12 about keeping themselves safe without scaring them (or you!). Easy and friendly. Parents love it.

Kindergarten: The Top Ten Safety Skills Your Child Must Have Before Heading Off To School! Learn how to...

- Give your child the legacy of safety
- Reduce your child's risk for abuse
- Empower your child to make safe choices
- Enable your child to interact safely with adults
- Teach your child about safe boundaries



Birds + Bees + Kids®

Amy Lang, MA, helps parents learn skills, tips and tricks to make the conversations more effective, how to keep kids safe through childhood and adolescence, and clarify family values related

to sexuality, love, and relationships. In addition to 16 years as a sexual health educator, Amy is the mother of a very curious eight year old. www.birdsandbeesandkids.com



Workshops and

Birds + Bees + YOUR Kids – Time to start talking! Understand the reasons for starting conversations about the birds and the bees early and sustaining them throughout children's adolescence. Get your burning questions answered and leave motivated to start (or continue) these important conversations with your kids. For parents of elementary aged children.

“Playing Doctor” – What’s natural and healthy? What’s cause for concern? We discuss childhood sexual development, body exploration play, child sexual abuse and how to confidently manage what can be a very distressing moment for parents! For parents of preschool age children.

Parents of Girls! Are YOU prepared for puberty? Puberty can be tough for both you and your daughter. Come to this *parents only* class to learn just what's going on in her mind and body, so you can confidently sail through this sometimes challenging part of life!

Consultation: Yikes! Did you just find porn on your 10 year-old's flash drive, catch your 4 year-olds playing doctor, or need to help explain the teenager next door's pregnancy at 14? One on one consultation, resources and great ideas to handle these burgeoning sexuality (before I'm ready!) emergencies.



Encouraging Solutions

Jody McVittie, MD.

Though she was trained and practiced as a family physician she now teaches parenting and trains parent educators and school staff. Her dream is to build truly healthy commu-



nities by teaching parents, teachers and students how to work together in relationships founded on deep mutual respect. She speaks on parent education topics locally and around the country. Jody is the mother of three young adults who have been some of her best teachers. www.encouragingsolutions.net

Workshops and

Parenting from the Heart – while Holding your Ground: Simple, respectful parenting tools can help us parent more from the "heart" and less from the "hip". We can discipline (teach) our children with kindness and firmness without being either permissive or punitive.

Play, Relationships and the Developing

Brain: Practical tools for developing strong long term relationships with your children. Brains grow in the context of relationships – and whether your children are 2 months, 2, 12 or 22 years old, these basic tools are still helpful. (Hint: they work for partners too!)

In the Heat of the Moment: getting beyond sibling conflict:

How DO you respond when it sounds like the beginning of "war" in the other room? How do you teach young people the conflict skills they need without constantly being the mediator? How can you keep a little bit of peace where you need it the most: in your own home?

Coaching and Consulting: Would you like some one on one help with the challenges of parenting that sometimes wear you down? You thought you had just figured this parenting thing out – and then your child changed again? Dr. McVittie offers consultation and parent coaching either in person or on the phone.



Priceless Parenting

Kathy Slattengren,

M.Ed., believes parenting is the most important job parents will ever have. The Priceless Parenting online parenting class pulls together parenting research into a course that is easy to understand and apply.

Convenient, practical, fun and simple to use, it allows parents to learn the skills they want from *wherever* they live *whenever* they want.

www.pricelessparenting.com

Kathy has a Masters of Education degree from the University of Washington and a Bachelors degree in Psychology and Computer Science from the University of Minnesota. She lives in Seattle with her husband and their two teenagers.



Priceless™
Parenting

Workshops and

Taking the Stress Out of Parenting and Building Great Relationships with Your Children:

How we handle parenting challenges affects our relationship with our children. A parenting approach which involves responding in positive, effective ways to misbehavior will strengthen those relationships.

Parenting the Digital Child: Teaching Responsibility in a Connected World:

How do you teach your children about the new responsibilities and potential dangers that come with these technologies? What limits do you set? How do you allow your children to learn from their mistakes while guiding them to avoiding huge mistakes? How do you keep up with technology changes that may affect your children?

On the Road to Independence: Guiding Teens to Becoming Responsible Adults:

How do we balance trying to keep them safe while also allowing them increasing responsibility? How do we deal with teenage attitude? How do we get them to do their share of the work around the house?

Online Parenting Class: Learn essential parenting skills for things like positively dealing with misbehavior, effective setting limits and guiding your children to solve their own problems. Try the Setting Limits section for free or register for the entire online parenting class for \$99.



Creating connection to your family and community

**Nourishing relationships:
A sample menu**

Join us for fun, informative parenting workshops! We serve the greater Seattle area and would love to work with you to tailor a set of workshops that best meet your organization's needs. If you would like to schedule workshops at your school, organization or company, please contact us.

www.parentlearninglink.com