

Wednesday, October 7, 2009

7:00 – 9:00 PM

Redmond High School Performing Arts Theater

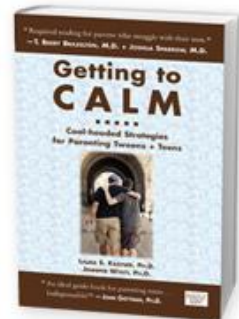
Address: 17272 N.E. 104th Avenue, Redmond



Laura Kastner, Ph.D. presents

Getting to CALM:

Teen Parenting Communication Strategies that Work



With her widely acclaimed humor, wisdom and a deep understanding of the teenage brain, **Dr. Laura Kastner** will present management approaches for handling some of the most common hot-button issues of adolescence described in her latest book, *Getting to CALM: Cool-headed Strategies for Parenting Tweens + Teens*.

Author & book web link: **www: gettingtocalm.com**

Teen difficulties happen to the best of parents with good intentions. Very few of us sail through our children's adolescence completely unscathed, if not because of our teen's own actions, then because of a tricky situation, such as a social issue or a problem at school. The good news is that most teens — especially those with caring, engaged, responsible parents — come out well-adjusted. Still, most families experience some complicated challenges stemming from their child's developing brain, growing selfhood and the push for independence. Dr. Kastner will present some of the most frequently encountered and normal rough patches of adolescence, offering specific strategies for resolving these difficulties calmly & successfully while enhancing the teen's development in the process.

Laura Kastner writes and lectures widely on adolescent development & family relationships. She is a clinical professor of psychology and behavioral sciences at the University of Washington, a practicing psychologist and mother of two. Dr. Kastner's other books, all co-authored with Jennifer Wyatt include:

- *The Seven Year Stretch: How Families Work Together to Grow through Adolescence*
- *The Launching Years: Strategies for Parenting from Senior Year to College Life*

Recommended for LWS D parents of students ages 10 and up

Sponsored by the Redmond High School PTSA & the Lake Washington PTSA Council
If you have any questions, contact Joanne Hall, Chair, Parent Education at jjjahall@juno.com