

LVHN Parenting Workshops & Children and Young Adult Programs

Lehigh Valley Health Network offers a variety of workshops for parents & children.

Workshops for Children and Young Adults:

Mindfulness for Children

Learn mindful practices to help increase self-awareness, attentional capacity, self-regulation and social skills. This program is designed for school age children in kindergarten through third grade. Provided in collaboration with the Shanthi Project. 3-night virtual series 6:30-7:15 p.m.

Safe Sitter

Safe Sitter is a medically accurate program that teaches young adolescents (ages 11-13) how to handle emergencies when caring for children. This class teaches safe and nurturing child care techniques, behavior and injury management skills, choking rescue skills and appropriate responses to medical emergencies. When you accept a babysitting job, you accept the responsibility for a child's life. Students need to bring a snack, lunch, drink, and a doll or stuffed animal to practice diaper changing. One day in-person class 9 a.m.–3:30 p.m. \$27.50 per student

Workshops for Parents:

Based on the Positive Discipline program to guide parents with tools to teach their children to become responsible, respectful and resourceful members of their family and community.

Weeknights virtual 6:30-7:30 p.m.

Some of the most popular virtual workshops are:

- Introduction to Positive Parenting • Avoiding Power Struggles
- Parenting 101—Working as a Team • Surviving the Toddler & Preschool Years
- Surviving the Tween / Teen Years • Top 10 Ways to Get Your Kids to Listen & Cooperate

To register, visit [LVHN.org/raisingafamily](https://www.lvhn.org/raisingafamily) or call 1-888-402-LVHN.

***The live virtual workshops, including the Mindfulness series,
are currently offered at no charge.***

No-shows may forfeit opportunity to attend future workshops.