

# HOW TO GET MORE COOPERATION & BE LESS STRESSED

Learn how at this exceptional skills seminar on **Wednesday, October 31st** with Learning and Behavior Specialist, **Noël Janis-Norton's** Introduction to "Calmer, Easier, Happier Parenting"

Learn to deal more effectively with typical family issues:

Morning Routines  
Bedtimes  
Mealtimes  
TV & Computer

Sibling Rivalry  
Parent-Child Conflicts  
Homework  
Chores



*Practical Parenting Strategies for Everyday Challenges*  
*Suitable for parents of children aged 2-13*

**Calmer, Easier, Happier Parenting** is every parent's goal, but it's easy to lose patience when children don't listen or cooperate. Come discover more positive and effective ways to gain cooperation without reminding, repeating or nagging. Parents will leave this talk with techniques they can immediately use to help their children become more cooperative, competent, motivated and self-reliant.



Noël Janis-Norton, creator of "Calmer, Easier, Happier Parenting," is an internationally renowned expert on the learning and behavior of children. For 40 years, Noël has been sharing her unique techniques with hundreds of thousands of parents and teachers on both sides of the Atlantic through seminars,

trainings and consultations, helping them learn positive and practical techniques that result in more cooperative, confident, motivated, self-reliant and considerate children both at home and in the classroom. Noël is the author of books, CDs, and DVDs for parents and teachers, including the recently published, "Calmer, Easier, Happier Parenting: The Revolutionary Programme That Transforms Family Life." Visit [www.calmerparenting.com](http://www.calmerparenting.com)

"If you've ever wished for a fairy godmother to visit your home and dispense some peace and harmony, Noel's seminars are your dreams come true! In her practical, easygoing style, she gives parents tools they can apply with immediate results and long-term impact on family life. She teaches parents effective strategies they can use to raise children and teens who are cooperative, confident, motivated, self-reliant and considerate."

--Maria Pannell, PhD, Clinical Psychologist & mother of 3

Workshop with Noël Janis-Norton  
Wednesday, Oct 31, 2012, 9:15-11:15 AM  
King David High School  
5718 Willow Street, Vancouver, V5Z 4S9  
\$15 in advance; \$20 at the door

Register at: [www.bpt.me/272372](http://www.bpt.me/272372)

Parents strongly encouraged to attend together  
More info? Contact [suzanne@parentingsuccess.ca](mailto:suzanne@parentingsuccess.ca)  
or call 604.528.0102