

# The Parent-Child relationship is the most important classroom for learning.

Regina Pally, M.D.

Author of:

## “The Reflective Parent: How to Do Less and Relate More with Your Child”

Date: October 17, 2017

Time: 8:40 am

Place: Franklin School, Room 3

### Reflective Parenting is a set of skills & practical guidelines that:

- Emphasize the importance of a strong parent-child relationship
- Help you better understand your child and yourself
- Promote healthy development, success and well-being in kids
- Reduce stress and increases confidence in parents.
- Focus on what it is children really need from parents.
- Balance being empathic with setting limits.

Dr. Pally will explain how to use the parent-child relationship to teach your child all the important life lessons they need to learn.

Books will be available for purchase



Center for  
Reflective  
Communities

To learn more about Reflective Parenting visit the CRC website:

[www.reflectivecommunities.org](http://www.reflectivecommunities.org)

To find out how to bring a Reflective Parenting Group to your school contact:

Regina at [rpally@reflectivecommunities.com](mailto:rpally@reflectivecommunities.com)

or

Jesse at [jholm@reflectivecommunities.com](mailto:jholm@reflectivecommunities.com)

