

Thursday, Apr. 22 - 7PM
Live online

Dr. Tina Payne Bryson

The Power of Showing Up: What Kids Really Need from Adults

Parents worry. It's what we do. We worry about our kids and their safety; about the times we let our kids down; if we're giving them too little or too much attention; and how to manage in a world filled with digital distractions and endless commitments on our time.

Reassuringly, the latest brain and attachment research is clear on how best to make a difference in our child's life over the long run: we simply need to show up.

Offering plenty of warmth and humor, Dr. Bryson will explore what showing up means, sharing stories and simple strategies for honoring the Four S's - helping kids feel secure, seen, soothed, and safe. She'll discuss practical advice for supporting anxious kids, hitting the reset button on parenting, and creating a safe harbor at home for children of all ages.

Audience: Parents, caregivers, and educators

Admission: Free

Register: <https://mvla2020-21-tinapaynebryson.eventbrite.com>

Books: www.booksinc.net

About Our Speaker

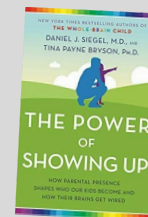


Dr. Tina Payne Bryson is a psychotherapist and Founder | Executive Director of The Center for Connection, a multidisciplinary clinical practice in Southern California.

Dr. Bryson has co-authored two New York Times best sellers—*The Whole-Brain Child* and *No-Drama Discipline*— as well as *The Yes Brain, Bottom Line for Baby*, and *The Power of Showing Up* with Dr. Dan Siegel.

Dr. Bryson keynotes conferences and conducts workshops for parents, educators, and clinicians all over the world, and frequently consults with schools, businesses, and other organizations. Dr. Bryson graduated from Baylor University and earned her LCSW and Ph.D. from USC.

And, the most important part of her bio she says, is that she's a mom to her three boys.



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