BING PARENT BOOK CLUB

The Power of Showing Up:
How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired
By Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

When:
Mondays, 3:00 – 4:00pm
- October 12
- October 26
- November 9
- November 16

Where:
Online via Zoom (Sign-up to receive link)

Hosted by the KPPE Team: Adrienne Lomangino, Sadie Parrinello, and Emma Vallarino

“We have one central message of comfort and hope: When you’re not sure how to respond in a given situation with your child, don’t worry. There’s one thing you can always do, and it’s the best thing of all. Instead of worrying, or trying to attain some standard of perfection that simply doesn’t exist, just show up” (Bryson & Seigel, p.7). Join us and other Bing parents as we explore Siegel and Bryson’s guide to show up more authentically for our children through helping our children feel safe, seen, soothed, and secure.

Sign-up here:  bingschool.stanford.edu/bookclubfall20

The mission of the Kordestani Family Program for Parents and Educators is to foster a community dedicated to improving the lives of young children and their families

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