The Well-Balanced Child

Today's high-pressure culture can interfere with healthy child development. It's important that we establish practices in our families when our children are still young that buffer against these pressures and enable our children to flourish. Join us as we discuss research-based strategies for raising healthy preschoolers. We'll explore how to encourage autonomy, cultivate resilience, and manage media use.

LEARN RESEARCH-BASED STRATEGIES FOR RAISING HEALTHY CHILDREN IN TODAY'S FAST-PACED WORLD.

Please RSVP at bit.ly/wellbalancedchild