



MINDFUL PARENTING

Listening With Love

We love our children, we are busy, we feel we could be better parents.
We are overwhelmed with parenting advice!

On Tuesday, April 3rd the 2nd RGS mindful parenting class will be "Listening With Love." We all know the feeling of wanting to connect with our children and listen amidst the busy daily routines. This short 45-minute class will focus on a few basic skills that allow for empathetic listening to take place in a conversation with your child. Bring more joy to your job as a parent, whatever the age of your child. We invite you to join us for what promises to be a time to connect, listen, and learn together.

MINDFUL PARENTING WORKSHOP SERIES

WHEN: Tuesday, Apr. 3rd, 8:30-9:15am

WHERE: Rio Grande School Library

Open to the community



ABOUT THE EDUCATOR

Alison Matulich is an early childhood educator in Santa Fe New Mexico. She has been working with young children and families for over ten years.

Her teaching practice is guided by:

- a sincere prayer for peace on Earth
- a deep respect for children and their families
- a desire to understand and implement the latest research in early childhood education
- a wish to provide exceptional learning environments where collaboration, reflection, and critical thinking are par for the course.
- non-violent communication – or mindful communication
- a wish that all children will have time in nature and time to be children