

Parenting

is the most important
job
you will ever have



Did you know that temper tantrums in toddlers are normal?

Parents can help children deal with their emotions.

The next time your toddler is upset:

- Find out why
- Name the feelings
- Let your child know his feelings are okay
- Tell her what she cannot do when she is upset
- Finally, let him know what he can do

For parenting workshops
or more information call
258-2146 Ext. 1350
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