



Free “No Wimpy Parenting” Workshop



Are you tired of your children “running the show?” Do you feel like your kids have lost respect for you and your rules? Do you often lose your temper and feel as if your children are masters at “pushing your buttons?”

There’s an epidemic in our country of frustrated parents who have lost power in their own homes. After hearing examples from clients about their general lack of effective parenting, child and family psychologist expert Dr. Kristen Wynns, a mom of two children herself, was inspired to develop “No Wimpy Parenting” resources and parenting strategies. NoWimpyParenting.com is a place for parents to find the tools and motivation for gaining back their power and authority.

In this practical, information-packed workshop, Dr. Wynns will discuss:

- Warning signs for “Wimpy” parenting
- How our culture has influenced parents to give up power
- Simple ways to redistribute power in the home and gain respect from your kids
- How to identify and zap “power suckers”
- Ways to produce less arguing, less negotiating, and more action from your kids
- How to become a more confident and empowered parent with happy children
- Rewards and consequences
- Parent stress-management
- Handling meltdowns and tantrums
- Getting on the same page with your spouse

Workshop seating at The Archangel Center is limited. So please arrive early.

(Additional parking next door at St. Michael Church. Workshop sponsored by St. Michael School PTO & Health and Wellness Committee.)



Dr. Kristen Wynns is the owner and founder of Wynns Family Psychology, a specialty child and adolescent practice in Cary, NC. (Visit WynnsFamilyPsychology.com for more information.) She is also the founder and creator of “No Wimpy Parenting,” a resource for parents who want to take back their power. NoWimpyParenting.com provides articles, videos, podcasts, blogs, and a Q&A section with an array of tips and resources from which parents can improve parenting competence and confidence. Dr. Wynns offers email, phone, Skype, or face-to-face consultations to provide your family with customized recommendations and feedback. Call (919) 805-0182 or email Info@NoWimpyParenting.com to schedule a consultation or to learn more about her parent coaching services.