

Adelphi University  
**Institute for  
Parenting**

**A Parent Coffee with Q & A**

**Location:** Alice Brown Early Learning Center at Adelphi University

**Date:** Wednesday February 10th, 2010

Program 7:00pm to 8:30 pm (*Doors open at 6:30pm*)

Fee: \$10 per Adult

Free child care provided; please call to register your child

**Parenting the Challenging Child: *What is  
Temperament and Why Do Parents Need to Know About it?***

**Is your child a picky eater? Is he/she clingy and shy? Perhaps  
changes in routine cause a meltdown? Does the word  
"NO" guarantee a battle with your child? Or is  
your child always on the go?**

All of these behaviors are examples of temperament - which is an inborn behavioral style. Some temperament traits make parenting a challenge and can make daily life with your child stressful, full of conflict and disruptive for the whole family. Parents often feel frustrated and helpless. But family life doesn't have to be this way.

In this workshop you will learn to identify your child's temperament profile and strategies to work with your child to gain cooperation, restore harmony to the household and enjoy your child.



**Doreen Miller, MA, MBA** Director of Parenting Matters, LLC, is an expert on the psychology of parenthood and a parent educator specializing in temperament focused parent education programs. Ms Miller has many years experience designing and delivering parent education programs for parents of infants through teens. She is also a consultant to numerous projects dedicated to strengthening families and Improving the quality of care and education for children.



*\*The Parent Coffee Series is an Educational Series for parents with children age 6 and under*

For more information on programs or scholarships, please contact Marcy Safyer, Director, at 516-877-3060 or [msafyer@adelphi.edu](mailto:msafyer@adelphi.edu) To register, go to <http://www.adelphi.edu/parentinginstitute>

