

Modern Parenting

Tips, Tricks, and Traps



Dr. Steve Hughes

- Paediatric Neuropsychologist
- Assistant Professor of Paediatrics & Neurology
- University of Minnesota Medical School
- Director of Education and Research

Intended for all audiences, this talk examines the consequences of current trends in parenting behaviour. We all want our children to be happy, successful, and to possess good self-esteem. What are the best ways to achieve these goals? The rules have changed over the past generation. Are parents erring on the side of being too strict or too permissive? What do we know about what works (and is it okay to say “no” to my toddler?).

With the experience born of 15 years of clinical practice, Dr. Hughes’s presentation traces the development of the self-esteem “movement” and reviews some of the surprising (and relieving) results of research examining modern parenting practices. He closes with a set of practical recommendations on how to “stay out of his clinic” by following sensible, research-proven strategies to raise happy, helpful children with authentic self-esteem.

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7:00 - 9:00 PM

Langara College, Room A130

100 W. 49th Ave., Vancouver

Tickets available at the door at 6:30 PM: \$12.00

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