

Dr. Laura Markham is a trained Clinical Psychologist. She translates proven science into the practical solutions you need for the family life you want.

Dr. Laura is the author of the book *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*.

Dr. Laura also serves as a parenting expert for *Mothering.com*, *Psychology Today*, *The Natural Parent Magazine*, *Pregnancy.org*, *Girlie Girl Army*, *SheKnows.com*, and several other websites. She is the editor of AhaParenting.com.

Dr. Laura's relationship-based parenting model has helped thousands of families across the U.S. and Canada find compassionate, common-sense solutions. She lives in Brooklyn, New York, with her husband and two terrific kids -now 18 and 22!

Register now at:

http://www.lllc.ca/conferences

Get your early bird price before

September 5, 2014!

Adults $60 /$70*

Children $20/$25*

Family $120/$150*

*prices after September 5

Includes snacks and lunch

Friday night session only $20

Follow us on Facebook:

La Leche League Canada-Alberta/ Northwest Territories Family Conference

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@LLLCABNWTconf

Questions? mailto:abnwt@lllc.ca

Visit http://www.LLLC.ca

Hotel Accommodation:

Quote "CGLLLA" to book group rate before September 5, 2014 1-800-854-9517

La Leche League Canada Alberta/NWT Family Conference 2014



SEPTEMBER 26 & 27, 2014

RAMADA EDMONTON HOTEL

& CONFERENCE CENTRE

11834 KINGSWAY AVE

POSITIVE PARENTING FOR TODAY'S FAMILIES!



Teresa Pitman has been writing about birth, breast-feeding and par-enting for more than 25 years. She co-wrote the popular "Steps and Stages" columns in *Today's Parent,* a Canadian parenting magazine and other magazines, including *Mothering*, *Family Fun, Chatelaine* and others.

Teresa also writes about family travel, including Disney theme parks and Canada's most haunt-ed town! She has 17 published books. As a long-time La Leche League Leader, she was thrilled to co-author the 8th Edition of *The Womanly Art of Breast-feeding* (2010). Her latest book is *Sweet Sleep*.

Teresa is a mother of 4 grown children and grandmother of 6.

Our Family Conference includes:

- A playroom for parents to go to with children
- A quiet room
- Exhibitors

She joins us from Guelph, ON.

FRIDAY, September 26

6:30-7:00 pm REGISTRATION

7:00 –9:00 pm Teresa: *Sweet Sleep*

SATURDAY, September 27

8:30 - 9:00 am REGISTRATION

9:00 -10:15 am Dr. Laura: *How to Get Kids Cooperating without Yelling, Bribes, Threats or Punishment*

10:15 -10:45 am BREAK

10:45 am – 11:45 am Dr. Laura answers your questions

11:45– 12:45 pm LUNCH/EXHIBITORS

12:45 – 1:45 pm BREAKOUT SESSIONS (choose one)

Dr. Laura: *Raising an Emotionally Intelligent Child*

OR

Teresa: *Travel With Kids of All Ages*

1:45 - 2:15 pm BREAK

2:15 - 3:30 pm Teresa: *Finding Your Tribe*

3:30 – 4:00 pm Closing and Door Prizes

Our insurance does not allow us to provide babysitting at the conference. We will have a quiet room and a play room available for you to visit with your baby or child should he/she become restless during the sessions.

La Leche League Canada

LLL Canada encourages, promotes and provides mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society.

We truly are social animals; we need to be with other people to feel good, whole, and happy. It's worth the effort to create tribes, however small and imperfect they may be. ~ Teresa Pitman

"All the parents were riveted. She (Dr. Laura) understands what it's like when things are really hard, and she gives realistic, creative advice to make things better."