

Reviews...

"Ellen presented an engaging interactive workshop, which our preschool parents loved. We are looking forward to having Ellen return to Nantucket soon for another exciting presentation."

Mary Casey
Director of Parenting Education
Community Network for Children
Nantucket, MA

"Ellen has a great way of assessing information gained and communicating her thoughts and key ideas in a clear and intelligent manner. That quality, balanced with her warmth and genuine interest in families, makes her an asset to anyone seeking her guidance."

Nina Dickerman
Adjunct Professor of Child & Family Studies
Wheelock College
Boston, MA

"Ellen's three sons are a few years older than my two boys and they have always been great role models for Jamie and Colin. From the time they taught my oldest son to ride a two-wheel bicycle eleven years ago to today, they set great life examples: going to good colleges, giving back to their communities and enjoying life. Ellen's sons have grown into wonderful young adults and they couldn't have gotten there without her love and guidance. I look to Ellen often to help me raise my kids as she's raised hers. And that's the truth."

Tricia Reilly
Ellen's younger sister



"Ellen has opened my mind to new ways of thinking about child development."
Jane from Westport

"Ellen's class gave me the courage to try something new with my family dynamics."
Ellen from Easton

"I did not realize how much temperament has to do with conflict resolution."
Lisa from Fairfield

"I always take something home from each class with Ellen!"
Betsy, mother of three



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**Empowering parents
to reach their potential**

Adolescence

Ellen Swan - Director
B.A., Elementary Education,
with specialization in early childhood;
M.A., Reading Education; Certified in
Family Support and Parenting Education.

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Ellen Swan, Director of Parenting In Action
B.A., Elementary Education,
with specialization in early childhood;
M.A., Reading Education; C.A.D.,
Family Support and Parenting Education.

Ellen Swan empowers parents with skills to strengthen families. Her soft-spoken demeanor belies her energy, dedication and leadership. Not only is Ellen a mother, her formal education in human development and family interactions offers a unique perspective to the challenges of parenting. In fun loving ways, Ellen will guide you to become a better parent and help turn the “job of parenting” into the “joy of parenting.”

Adolescents

Social, emotional and educational issues make adolescence the most challenging stage of childhood development.

Adolescents struggle with the desire to be independent, freethinking and free-acting individuals while having to follow the rules of home, school and society. Adolescents experience hormonal, physical and emotional changes which are often difficult for both teenagers and parents to understand.

Ellen at Parenting In Action has raised three sons to young adulthood. Her experience, knowledge and compassion will help guide parents and children riding the waves of the teenage years.

Parenting in Action will help parents and their teens gain insight and understanding on the following critical issues:

- Emotional development
- Social development
- Physical development
- Parenting dynamics
- Communication techniques
- Media messages
- Peer pressure
- Social life and risky behaviors
- Internet safety
- Beyond high school opportunities

