

## 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**

## School Age

**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.”

## School-age

School-age children go through lots of changes and challenges. Activities that adults deem appropriate and “so exciting,” instead are often extremely frightening and overwhelming to the child.

School-age children are “on their own” most of the day; their days often as exhausting and stressful as an adult’s work day. School-age children understand what is expected of them and know if they are capable of meeting those expectations.

**Parenting in Action will support parents to better develop an understanding of the following topics:**

- Emotional development
- Social development
- Physical development
- Parenting styles
- Parenting different temperaments
- Boys will be boys (The Boy Code)
- Girls will be girls (The Girl Code)
- Media messages
- Activity schedules
- Peer pressure
- Bullies
- Conflict resolution
- Creating responsible children

