

## 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**

## Workshops

**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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# Topics and Workshop Opportunities

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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."

## **Negotiable and Non-Negotiable Behaviors**

This workshop helps parents focus on what "house rules" can be negotiable. Helping parents recognize which battles to choose.

## **From "Wild to Mild"**

Successful techniques to stop frustrating behaviors such as biting, kicking and temper tantrums.

## **Transition Troubles**

Ease transition fears and difficulties in children as well as parents as they experience new situations.

## **Healthy Emotional Development of Children**

Offered as an eight-week program to encourage families to learn to manage emotions in healthy ways, or as a one-and-a-half hour overview presentation.

## **Identifying Your Child's Temperament**

A parenting education workshop which outlines qualities of eight temperament styles.

## **Parenting Children of Different Temperaments**

Techniques for creating an environment in the home which takes into account individual temperaments.

## **Recognizing Parenting Styles**

This workshop helps parents recognize their parenting style and teaches them how parenting style affects family life.

## **The Bullied and the Bullies**

Understanding the nature of why some children are bullied as well as those who bully them is a topic all parents should consider learning more about.

## **Conflict Resolution**

Techniques to help resolve conflicts before they escalate into power struggles.

## **Adolescents: Come Ride the Rollercoaster**

Topics of discussion include development and change, parenting dynamics, social life and risky behaviors.

## **"Got the Potty Training Blues?"**

A parenting education program which offers helpful hints to recognize signs of readiness in your child and experience successful toilet training.

## **Nanny/Daycare Communications**

Communicating your expectations for your child in a positive meaningful way can make all the difference in the relationship you and your child have with their care-giver.

## **Kindergarten Readiness**

A workshop to help parents determine if their child is socially and emotionally ready to begin kindergarten.

## **Reading Readiness**

Methods to promote developmentally appropriate readiness for reading skills.

## **Media Madness**

This workshop explores the media and the messages it is sending to young children and adolescents.

## **Toys That Teach**

A workshop to help parents choose age appropriate and developmentally appropriate toys for children.

## **Children and Divorce**

Divorce is a life-changing experience for all family members. Listening to and understanding a child's emotions and being an empathetic parent are the most important parenting skills you can offer your child.

