

**Admission  
is free,  
but space  
is limited.  
Reserve  
today!**

# FREE Parenting

**Seminar Series 2009**  
PRESENTED BY THE CHILDREN'S HOSPITAL



## **Counting Sheep**

**Does your infant or toddler keep you awake night after night? We'll help you evaluate and treat the most common sleep problems.**

- Tuesday, **July 21**, 7 p.m. to 8:30 p.m.  
The Children's Hospital  
2nd Floor Conference Center  
13123 E. 16th Avenue, Aurora

## **Oh, Poo!**

**Learn how to outsmart your toddler during the trying and challenging time of potty training. Get tips to make the process easier for you and your child.**

- Thursday, **July 23**, 7 p.m. to 8:30 p.m.  
The Children's Hospital  
2nd Floor Conference Center  
13123 E. 16th Avenue, Aurora

## **Talking About Toddlers**

**Do you wonder if your family can survive the terrible twos. Learn how you can manage the toddler years.**

- Tuesday, **July 28**, 7 p.m. to 8:30 p.m.  
The Children's Hospital  
2nd Floor Conference Center  
13123 E. 16th Avenue, Aurora

## **The Tumultuous Teen Years**

**A how-to in surviving your child's adolescence. Make these years more harmonious for your family.**

- Thursday, **July 30**, 7 p.m. to 8:30 p.m.  
The Children's Hospital  
2nd Floor Conference Center  
13123 E. 16th Avenue, Aurora



To make a reservation, go to: [www.thechildrenshospital.org/parenting](http://www.thechildrenshospital.org/parenting) or call 720-777-KIDS.  
*Seminars are for adults only, please.*