

Our speaker tonight is a child therapist and parenting coach who has spent the last 20 years teaching “emotional fluency,” stress management, discipline, and conflict resolution skills to parents, teachers and daycare providers. She hosted the television talk show, “My Family, My Self,” and is the author of two books-on-tape for parents of young children. Her articles have appeared in parenting magazines such as Bay Area Parent, and her lectures have been applauded at conferences for National Center for Self-Esteem, the NAEYC, and the National Mothers of Twins Clubs, in addition to a diverse set of audiences throughout California.

She is also the parent of three fine young men, who have given her ample experience, she says, with parental stress.

Please welcome Beth Proudfoot !