

Parenting in Balance – FREE Heartfelt Workshop

For anyone caring for children aged 4–8 years

Whether it's schoolwork, getting dressed, brushing teeth, or tidying up – sometimes it's challenging to motivate children to complete tasks with perseverance, focus, and maybe even joy.

In this workshop, Stephanie Menz – **a certified alternative practitioner with many years of experience in pediatric occupational therapy at Arbor Vital** – will share:



- Why some children block certain tasks – and how you can reach them.
- How to slow down everyday life with simple, loving techniques.
- How your own mood influences your child – and how to use it positively.
- Practical tips to make homework, bedtime routines, or helping around the house more relaxed.

If you'd like to attend and need childcare – feel free to bring your child along!



More info: www.arbor-vital.de

When? Friday, April 11, 2025

Time: 2:00 PM to approx. 3:00 PM

Where? Gym of Zwergenvilla Adorf

One more thing: Our Arbor Vital occupational therapy team is hiring!

If you're an occupational therapist – or know someone who might be a good fit – feel free to contact us.

Phone: 0176 21988038

Email: info@arbor-vital.de



You are welcome to register or join spontaneously.

Parenting in Balance – [X] Yes, I'll be there!

Please reserve my spot for:

Name: _____

Number of adults attending: _____

Phone/Email (optional, for follow-up questions): _____

Please fill out and drop it in the kindergarten mailbox at Zwergenvilla Adorf.

Thanks for sharing this info – we look forward to seeing you!

