



# Let Us Learn Together with Kristene Geering, M.A., Ed.

Join us for

## BIG FEELINGS GROWING BODIES:

How parents can help their  
children manage their emotions

### Parents know that a secure and loving attachment is important.

What they don't understand is the neurological significance of creating that. In this talk, parents will learn:

- How crucial a healthy attachment is for over-all development
- Why mindfulness and meditation are good for growing brains
- Benefits of a regular mindful practice for children and parents alike
- Three take-home calming techniques their child can use now

Tired of tantrums and tears? Learn how to tame them...one breath at a time!

*"Kristene offers a humorous, very real take on life with children, guiding through the mundane and the sublime. Her love of what she does and the children she helps shines through every word; her supportive, real approach to those big feelings gives adults a new view of them--and kids a new way to learn to work through them."*

***For any family wanting fresh, evidence-based, playful, and bonding experiences, her talk will leave you energized to begin a journey of mindfulness--together!"***

*-Summer M., mother of two*



Kristene is a mother of twins, has a Master's Degree and California Teaching Credential in Early Childhood Special Education, graduate-level training in psychotherapy (Dramatherapy), training in mindful education through Mindful Schools, and is an Independent Certified Instructor with the Baby Signs(R) Program.

### Let's Start Learning!

Set up a complimentary phone consultation to talk about your family's needs.

[www.letuslearntogether.com](http://www.letuslearntogether.com)

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