YOU ARE INVITED TO AUDIOBOOK CLUB.

No reading required

GOOD INSIDE BY DR. BECKY KENNEDY

Wednesdays
Starting Sept 16
10:00AM- 11:30AM (PST)
OR
6:30PM - 8:00PM (PST)

There will not be an audio club on Sept 30, Oct 14, and Nov 11.

Join us via Zoom
Zoom ID: 832 428 01289

About this book:

"Parents have long been sold a model of childrearing that simply doesn't work. From reward charts to time outs, many popular parenting approaches are based on shaping behavior, not raising humans. These techniques don't build the skills kids need for life, or account for their complex emotional needs. Add to that parents' complicated relationships with their own upbringings, and it's easy to see why so many caretakers feel lost, burned out, and worried they're failing their kids. In Good Inside, Dr. Becky shares her parenting philosophy, complete with actionable strategies, that will help parents move from uncertainty and self-blame to confidence and sturdy leadership."

Interior Community Services