

8-Week Program for parents!

Parenting Intense Kids

For parents who have tried everything out there.

Parenting
Intense Kids

Parenting an intense or sensitive child can feel overwhelming, exhausting, and lonely. This 8 week program is designed to give you practical tools, renewed confidence, and a deeper connection with your child.

What You'll Learn

- **Assess** the basic needs of your child and family in 6 core areas of focus
- **Adjust** where needed to create balance and consistency
- **Create** your own model for a foundation of connection and stability
- **Intentionally balance** freedom and structure to create a neuroception of safety
- **Feel** more empowered about how to respond to your child
- **Experience** more joy in parenting

6 focus areas

- Communication
- Boundaries
- Nutrition
- Transitions
- Regulation/Sensory Needs
- Sleep



Where: Virtual

Cost: \$175 per session

Check our website for weekly offerings!