

8-Week Program for parents!

Parenting Intense Kids

For parents who have tried everything out there.

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

Reserve your spot today!

When: Wednesdays, 10:30am-12:15 p.m., starting October 8th

Where: 770 Ritchie Hwy Suite W-16, Severna Park, MD 21146

Cost: \$150 per session



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