



As part of our **Parent Wellness Initiative**, we are happy to introduce the monthly *Parent Speaker Series* at STEPS Academy. Each month we will invite parents from the community to share their experiences in growing with their child with ASD.

This month's talk will be on:

The Importance of Discipline for Success at Home

By Beth Carter

Beth is the mother of two teenage boys, the eldest having autism with intense sensory sensitivities. She has previously lectured at STEPS as well as at the Cuyahoga County Library in collaboration with Parma Parent Mentors.

The first part of Beth's talk will focus on ways to create a happier, more relaxed and consistent home environment with topics including: what is effective discipline, sensory sensitivity vs. inappropriate behavior, honoring intelligence, appropriate expectations and strategies for success. The second part of her talk will be about her child's experience with medications and why he no longer takes them.*

*Please note that this is meant only to share the family's personal experience and *not* to guide towards prescriptive treatment; *only* a medical professional can do that.

When: Wednesday, October 28, 2015

6.15 PM

Where: STEPS Academy

4040 Tamarack Drive,

Parma, OH, 44134

Please R.S.V.P at 832-803-6720 or sadaf.khawar@stepsconsulting.org at your earliest convenience.

(Free parking will be available. This is a free event open to all interested in the community)