



hosted at

Acorn Hill  
Waldorf  
Kindergarten  
and Nursery

in collaboration with

Parent  
Encouragement  
Program

Class schedules at  
[PEPparent.org](http://PEPparent.org).

Follow us on Facebook  
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parenting tools, tips,  
and talk.

PEP, a local  
nonprofit established  
in 1982, teaches  
parenting classes to  
over 4,000 parents  
and caregivers a year.

# Parenting Talk

## "Morning Mayhem"

Wednesday, October 3 \* 7:30 to 9 pm

9504 Brunett Avenue  
Silver Spring, MD 20901

Adult Education Evenings are open to the  
public, adults only. Bring a friend!  
\$10 donation requested at the door.

Mornings are a hot spot for trouble in many families. Parents need to get out of the house on time, but the kids aren't cooperating. How do you motivate them to move – without resorting to nagging, yelling or bribing? Learn why mornings are stressful and how to achieve a more peaceful, productive start to everyone's day.



For more than 30 years, PEP has offered positive parenting education and support to parents throughout Montgomery County, Northern Virginia and Washington, DC. Like all PEP programs, this talk will give you insights into ways to use positive, encouraging methods with children that gain cooperation, teach respect and responsibility, and bring out the best in you and your child.

**301.929.8824**

**PEPparent.org**