

FAMILIES: Parenting expert Barbara Burrows to speak at seminar

Help for frustrated parents

Your toddler stamps her foot, for the fifth time in as many minutes, and yells, "No!" Then flops on to the floor, a writhing, unmanageable heap.

Your sons are wrestling for control of the television remote, yelling and screeching, while you try to take an important phone call.

Your teenage daughter has the stereo blaring so loudly in the basement that she can't hear you calling her to dinner.

It makes you just want to ... scream.

Parenting expert Barbara Burrows can help frustrated parents learn to cope with the challenges children can throw at them every day, without resorting to raised voices every time.

Burrows will offer suggestions and answer questions at a workshop Wednesday at the Radisson Hotel, Hwys. 404 and 7, sponsored by *York Region Families*, a new section of the *Markham Economist*

& *Sun* and the *Stouffville Tribune* that will launch Saturday, June 26.

Wednesday's workshop, which runs from 7 to 9 p.m., is called *How to Raise Your Kids Without Raising the Roof* and it will give parents some options other than yelling at the kids when they won't do what you need them to do.

Burrows will be a regular columnist in the newspaper's new *York Region Families* section. She will also conduct regular workshops for *York Region* parents.

Admission to Wednesday's workshop is free, but guests are asked to help *York Region's* food banks by bringing a non-perishable food item to the event. And guests are asked to pick up free tickets for the seminar at the *Economist & Sun* office, 9 Heritage Rd. For information, call Brenda Larson at (905) 853-8888.

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(Watch for reason #5 next week)

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