



PARENTING YOUNG CHILDREN FAQ

Frequently Asked Questions about the Parenting Young Children (PYC) One-Day Workshop

Q: What will I learn at PYC?

Parenting can be a joyful experience, but one that's often fraught with the challenges of managing difficult behaviors, setting appropriate limits, and creating an environment in which a child's unique personality and abilities can thrive. The goal of this workshop is to help you navigate these difficult parenting dilemmas. Topics covered will include tips for managing difficult behaviors, developmentally appropriate expectations and responses, and teaching a young child how to cope. There will also be a lunchtime Q&A with our dietician and one of our pediatricians.

Q: Who should sign up?

The workshop is geared toward parents of children ages 2-7, however parents getting ready for the challenges of parenting this age group are also welcome to attend. In the family unit itself, any caregivers are welcome to attend. One parent, both parents, grandparents, and any other regular caregivers of your child can sign up.

Q: How much does it cost and will my insurance cover it?

The cost of this full day workshop is \$75 per person (\$100 for 2). Unfortunately, insurance will not cover this type of educational event. Payment must be received upon registering for the workshop. The cost of the workshop includes snacks, lunch, and your own binder of educational materials to take home. You may cancel and receive a refund up to 7 days prior to the date of the workshop.

Q: Who is the instructor?

Shannon Odell, PsyD is a pediatric psychologist who joined our practice last year. She has worked and trained at some of the best hospitals in the country, including Cincinnati Children's Hospital, The Cleveland Clinic, and Boston Children's Hospital, where she was also an Instructor in Psychiatry at Harvard Medical School. She has spent much of her career helping parents and children navigate challenging life events, and she hopes to impart her knowledge and expertise of development and behavior with parents of young children.

Q: How do I sign up?

Parenting Young Children Workshops are offered approximately every three months. Please contact Kelly Jacobson, our Behavioral Health Care Manager, at 503-968-3487 to register. You do not have to be a patient of Pediatric Associates of the Northwest to attend.

PARENTING YOUNG CHILDREN WORKSHOP

Join us for a one-day small group workshop for parents and caregivers of children ages 2-7 years old!



Learn how to...

- Identify common parenting challenges
- Familiarize yourself with developmentally appropriate expectations
- Gain tools and strategies for managing difficult behaviors
- Foster a healthy environment in which your child can thrive

Here is what past participants have said...

- "I liked the diversity of the speakers, diet, medical, and emotional aspects."
- "I most enjoyed the research based strategies/techniques and conversations with other parents."
- "I loved it all- speakers were great and the pace was good."

7150 SW Dartmouth St.
Tigard, OR 97223

\$75 per person or
\$100 for 2 people
(Lunch included)

Lead by Dr. Shannon
Odell, PsyD

Special presentations
by our dietitian and
one of our pediatricians

Space is limited!
Childcare not provided

To register, please
contact our Behavioral
Health Care Manager at
(503) 968-3487.

*Payment is due at time of
registration

pediatric 
associates
OF THE NORTHWEST