



## WELCOME TO FLEXIBLE LEARNING AND ONGOING SUPPORT

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We are committed to partnering with you for your child's success in and out of the classroom. All parents deserve extra support, affirmation, and guidance during their kids' big transitions. That's why we are thrilled to tell you about a set of online classes from Spark & Stitch Institute. These classes deliver science-made-simple information and practical strategies – all accessible in self-paced classes packed with thoughtful insight and warm advice. Plus online support to answer your questions and troubleshoot specific challenges. We believe these online classes will bring you:

### **More connection, fewer power struggles.**

You will practice creative ways to connect with your child or teen, ensuring that your relationship stays intact through big changes.

### **More clarity.**

You deserve parenting support based on evidence, not fear driven soundbites. Cut through conflicting information and get warm advice based on the latest research in child and adolescent development.

### **More confidence and calm.**

Raising kids can be an adventure to be lived, not just a problem to be solved. With more knowledge and tools you can actually have fun during your kids' giant developmental leaps.

**CHECK OUT THE CLASSES AND GET STARTED TODAY!**



THESE CLASSES ARE AVAILABLE TO US THROUGH OUR RELATIONSHIP WITH TOP 20 TRAINING

[HTTPS://TOP20TRAINING.COM/PARENT-TRAINING/](https://top20training.com/parent-training/)

## CONNECTED

How to Show Up for Your Kids  
in the Digital Age



By Erin Walsh

Powered by  
TIGRAUS  
SPRINGS

### **CONNECTED: How to Show Up for Your Kids in the Digital Age**

A three-week online class that equips parents to be their child's "digital mentor." This class delivers the essential parenting strategies that help kids take advantage of digital opportunities while minimizing risks - all while staying connected to each other. Best for parents of kids ages 8-16.

### **Why Do They Act That Way?**

A six-week online class based on Dr. Dave Walsh's national best selling book with the same title. This class delivers the latest information about the teenage brain in easy-to-understand language along with practical parenting strategies on topics including communication, mental health, and boundaries. Best for parents of kids ages 8-18.



## Say Yes to No

**WHY KIDS NEED LOVING BOUNDARIES AND  
HOW TO SET THEM**

By Dr. David Walsh and Erin Walsh

### **Say Yes to No: Why Kids Need Loving Boundaries and How to Set Them**

A three-week online class that helps parents understand why limits and consequences are essential to healthy development. This class delivers practical strategies for nurturing emotional regulation, avoiding power struggles, and handling challenging behaviors. Best for parents of kids ages 2-10.

VISIT <https://top20training.com/parent-training/> to learn more and get started.

Use promo code TOP20 for 10% off any of the classes.