

Golisano Children's Hospital Offers Free Parenting Workshops

Partners in Parenting for Children with Special Needs and Health Challenges

(Fort Myers, Fla. – June 25, 2018) --- Golisano Children's Hospital of Southwest Florida offers free eight-week Partners in Parenting workshops focused on parenting children with special needs, including developmental disabilities, special health care needs including Neonatal Abstinence Syndrome (NAS) or emotional disturbances. The specialized group parenting classes help teach parents how to focus on their strengths, set appropriate expectations for their children as well as specialized and effective discipline strategies.

The workshops meet for eight Sundays starting July 1, with two different sessions available from 3-4:15 p.m. and 4:45-6 p.m. at Golisano Children's Hospital, located at 9981 Bass Road in Ft. Myers. Parents who complete all eight classes (no special order required) will receive a certificate of completion.

The Partners in Parenting workshops feature lessons focused on positive discipline from the Nurturing Parenting Program, authored by Stephen J. Bavolek, Ph.D.

The workshops help parents:

- Manage their child's behavior without spanking or shouting
- Learn effective communication skills
- Establish nurturing routines for meal times, bath times, bedtimes, chores and homework
- Understand the exceptional child's effect on typical siblings
- Gain a sense of personal power and feel good about themselves
- Enjoy their families and have fun together

Free child care is available during the workshops.

For more information or to register to participate, call 239-343-6468 or email Child Advocate Richard.Keelan@LeeHealth.org.

About Golisano Children's Hospital of Southwest Florida

Golisano Children's Hospital of Southwest Florida, named a "Top Hospital" by The Leapfrog Group in 2016, is the only acute care children's hospital between Tampa and Miami. Lee Health opened the new, 300,000 square foot, 128-bed hospital in May 2017, relocating the children's hospital from the adjacent HealthPark Medical Center, where it originated in 1994. The hospital was named after B. Thomas Golisano's generous donation to the capital campaign to build the new, state-of-the-art facility. For more information, visit GolisanoChildrensSWFL.org.

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