



# Milton Early Childhood Alliance Learning Circle Preschool and Curry College Education Dept.

Present...

**Charles Appelstein, M.S.W.**

## Helping Children Be the Best They Can Be by Using Positive, Strength-Based Techniques

**Join a free parenting discussion with Charlie Appelstein, M.S.W.,  
and talk about positive ways to guide young children.**

Strength-based practice is an emerging approach to guiding children that is exceptionally positive and inspiring. Its focus is on strength-building rather than flaw-fixing. It begins with the belief that every child has or can develop strengths to mitigate problem behavior and enhance social and academic learning.

Areas covered will include:

- what is strength based practice
- the power of positive attitude and culture
- self-esteem building and activities for young children
- the importance of controlling personal emotions (taking care of yourself)
- respectful limit setting

Charlie Appelstein is a nationally prominent child care specialist and author. Charlie trains and consults throughout the United States as well as internationally. He has authored three youth care books that are widely used within the field, including *No Such Thing as a Bad Kid: Understanding and Responding to the Challenging Behavior of Troubled Children and Youth*. His latest creation, a self-help CD for moms and dads titled *Parent Rhapsody – Songs and Musical Mantras for Successful Parenting* won a national Mom's Choice award.

*"Charlie is the best youth care trainer in America."*

*Robert Lieberman, Former President of the American Assoc. of Children's Residential Centers*

Get more information about the speaker at his website: <http://www.charliea.com>

**Call 781-828-4800 with questions about this event.**

**Although advanced registration is not required, calling ahead will assist  
with planning and assure that you will receive handouts**



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