



# Sleep



# Grow



# Connect

## Sleep from the Start Prenatal to 12 lbs.

A prenatal class with a difference! Learn, before your baby is born, how to avoid sleepless nights by encouraging self-calming skills from the very beginning.

Investment: \$60.00 per family\*  
Location: Bethany Chapel

## Sleep from Now On 12 lbs. to 4 years

The need for 11-12 hours of sleep continues through early childhood. Kitty Raymond behavioral sleep specialist, will help you solve your child's sleep problems and avoid the risks of sleep deprivation.

Investment: \$85.00 per family\*  
Location: First Church of the Nazarene

## Setting Healthy Limits Ages 1 to 5 Years

Know how and when to draw the line, learn the art of purposeful ignoring, and know which "misbehaviours" may represent important, normal stages of development.

Investment: \$85.00 per family\*  
Location: First Church of the Nazarene

## Toilet Learning the Easy Way Ages 18 months to 4 Years

Kitty Raymond coaches parents to take a relaxed approach to this milestone, discard the myths surrounding it and tune in to the right timing for this to be a smooth, stress-free learning experience.

Investment: \$85.00 per family\*  
Location: First Church of the Nazarene

## Ask Kitty

Send your parenting question to Kitty Raymond using our "Ask Kitty" page, and receive her advice via e-mail within two business days.

Investment: \$25.00 per question  
Location: [www.raymondparenting.com](http://www.raymondparenting.com)

## ParentsNet Membership

- What would Kitty Say? - on the fundamentals of parenting young children
- Newsletter Library - a wealth of parenting advice in Q&A format
- Parents' Discussion Board - a unique supportive on-line community
- 20% discount on: Evening Seminars; Mini-Seminars (MP3); and "Ask Kitty" advice

Investment: \$125.00 per year (\$80 renewal)  
Location: [www.raymondparenting.com](http://www.raymondparenting.com)

## Telephone Counseling

45-minute phone appointment with Kitty

Investment: \$100.00 per call  
Telephone: (403) 242-3533 (ext.3)

Register online at  
[www.raymondparenting.com](http://www.raymondparenting.com)  
or by telephone at  
(403) 242-3533

*\*Family may include  
parents, grandparents  
and caregiver.*





*Kitty Raymond with her grandchildren Saffron and Lola.*

Educated at the University of California, Santa Barbara, Kitty Raymond brings to the work she does with Calgary families a BA degree in Psychology and a background in child development, early education and family dynamics. Helping parents distinguish between social parenting trends and research-based parenting strategies comprises much of Kitty's work whether it be through seminars, telephone counseling or via the Raymond ParentsNet on-line "Ask Kitty" program. Kitty offers seminars which are informative, research-based and laced with humour.

Kitty was nominated in 1996 for a Pinnacle Award for her "commitment to the well-being of children and parents in a thoroughly professional, entrepreneurial and innovative manner".

She was also nominated for the YWCA Woman of Distinction Award in 1997 for her "outstanding contribution in the field of Education and Social Services".

*Photograph by Visual Hues Photography.*

# Seminar Locations

## Sleep from the Start

**Bethany Chapel**  
3333 Richardson Way SW  
Calgary, Alberta

Exit South Crowchild Trail at Flanders Avenue SW.  
Go straight at lights. Take next right on Richardson Way.  
Bethany Chapel is across from Mount Royal College.

## Sleep from Now On Setting Healthy Limits Toilet Learning the Easy Way

**First Church of the Nazarene**  
65 Richard Way SW  
Calgary, Alberta

Exit South Crowchild Trail at Mt Royal Gate (50 Ave SW).  
Heading west, turn left at lights onto Richard Road.  
Turn right on Richard Way. Turn right again and you will see the  
church's white spire.

[www.raymondparenting.com](http://www.raymondparenting.com)

Tel: (403) 242-3533

*Contact Kitty to inquire about low-income fees.*



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# Raymond PARENTING

## Parenting Solutions for the Real World

[www.raymondparenting.com](http://www.raymondparenting.com)