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FOR IMMEDIATE RELEASE

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Free parenting workshop – Temper Tantrums to be offered

A free parenting workshop will be offered by the Child Guidance Division of the Oklahoma City-County Health Department for parents of children birth to 5 years of age titled “Temper, Temper – Handling Tantrums” on Monday, January 28th from 5:00 to 6:00 pm. This workshop will be held at the Midwest City Library, 8143 E Reno in Midwest City. Participants will learn about what fuels temper tantrums, how to prevent outbursts, and strategies for helping your child develop self-control.

Registration is required and space is limited. To register for this free workshop or for more information, contact the OCCHD Child Guidance office at 425-4412. You can also sign up to receive the Parent Express newsletter which provides information on additional workshops, developmental and speech/language consultations offered at metropolitan library sites, and other programs. For information on this program and others, call 427-8651 or go the OCCHD website at: <http://www.cchdoc.com>