

# Modern Parenting

[ocls.info/parenting](http://ocls.info/parenting)

## **Mindfulness to Help Kids De-stress**

Alafaya Branch

*Saturday, September 16, 2 p.m.*

Winter Garden Branch

*Saturday, September 30, Noon*

Join mindfulness coach Danielle Hope as she teaches families to practice mindfulness through storytime and exercises that build presence and awareness. Children experience anxiety and stress just like adults, and without the proper tools to digest and deal with their troublesome thoughts, they can begin to act out in inappropriate ways; such as aggression, social withdrawal, lack of sleep, and a lack of concentration. Learn mindfulness tools to help you be more present, improve concentration and handle difficult emotions calmly. Recommended for ages 5–12.

## **Lean Proteins for Optimal Health**

Herndon Branch

*Monday, September 18, 6:30 p.m.*

Make smarter choices when going out to eat such as choosing healthier options on a fast food menu for optimal health. Seats are limited. Registration recommended.

## **Car Seat Safety**

Chickasaw Branch

*Tuesday, September 19, 10:15 a.m.–12:15 p.m.*

Is your child in the safest car seat? Stop by and find out! Certified technicians from Children's Safety Village will be on hand to check cars on a first come, first served basis.

## **Choosing Healthy Snacks**

Southeast Branch

*Tuesday, September 26, 5:30 p.m.*

Learning to choose and identify healthy snacks can be a daunting process. This workshop will teach you all you need to know to make the best choice for you and your family. Seats are limited. To register, visit [ocls.info](http://ocls.info) or call 407.835.7323.