



### Sleep: It's Where Kids Get Smart

**January 23, 2019** 6:30 - 8:00 p.m.

Emily McMason, Parent Coach & Sleep Consultant

Emily McMason is a parent coach & sleep consultant. She has a Master's degree in Education from Harvard, a graduate certificate from the Parent Coaching Institute at Seattle Pacific University, and completed a postgraduate program dedicated to childhood sleep. Emily's private practice is in Olympia, and she works with parents all over the globe.



### Simple Tips for Parenting 2-5 Year Olds

**February 7, 2019** 6:30 - 8:00 p.m.

Jane Schmidt, Certified Parent Coach

Jane Schmidt is a Certified Parent Coach in private practice in Seattle, Washington, and the founder of Parent Coaching Northwest, LLC. Jane received her Bachelor's degree in Psychology from the University of Washington and completed her graduate-level training at the Parent Coaching Institute through Seattle Pacific University. In her practice, Jane helps parents understand what their children need in order to develop healthy minds, emotions, social skills, and bodies. Jane recognizes that the cumulative, daily decisions parents make matter immeasurably to the development of their children and believes in being an advocate for children by being an advocate for their parents in facing the many day-to-day challenges of parenting in today's world.



### Understanding the Developmental Milestones on the Journey Through Childhood

**February 28, 2019** 6:30 - 8:00 p.m.

Nancy Myles, Director of Early Learning  
& Extended Day at St. Thomas School

Nancy Myles started her career in education as an elementary teacher, working predominately with first and second graders. For almost 20 years, Nancy was the executive director of a nationally accredited highly regarded early learning program for employees at Fred Hutchinson Cancer Research Center in Seattle. In 2010, Nancy became the Northwest Service Area Manager for Washington State Department of Early Learning. In this role she developed, administered, and managed operations related to early learning including child care licensing operations and early learning policy.

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Charles Wright Academy Lower School Library

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