

# Let's Talk Parenting: A Business Solution



When employees experience parenting challenges, the resulting stress can filter into all aspects of their lives. Parent-related stress costs employers millions in the form of missed days and reduced productivity.

4C for Children's Let's Talk Parenting Sessions are great for employees, their kids and your bottom line!

Led by our early childhood specialists, these sessions help the adults who fill parenting roles in the lives of children improve relationships with their children and empowers them both in and out of the workplace.



## Invest in Your Employees

Partner with 4C for Children and offer these one-hour sessions as part of your business benefits package. At each session employees will tap into practical tools and strategies to help them become less stressed and distracted by parenting problems and more confident and productive in the workplace.

- Quality Child Care: What It Looks Like and How to Find It
- Understanding Stress and How It Impacts Parenting
- Verbal and Nonverbal Communications
- The Power of Daily Conversation
- Positive Discipline
- Conscious Parenting
- Navigating Special Education in School Systems
- Partnering With Your Child's School

## New Sessions Coming

Our catalog is expanding this spring:

- Importance of Routines
- How to Break Power Struggles
- Teaching In the Moment
- The Importance of Play

### About the Let's Talk Parenting Sessions

**Delivery:** One-hour sessions designed for presentation in person or via Zoom.

**Class Size:** 20 participants or less

**Regions Served:** [Southwest Ohio and the Miami Valley](#)

**Cost:** \$350 per session

### Schedule a Session Today

**Contact:** Surbhi Narula  
snarula@4cforchildren.org  
513-758-1484

### About 4C for Children

Our staff of early childhood experts educate and support everyone who cares for children to make sure all children reach their full potential. Among the supports we provide are helping families find child care and providing parenting resources .

For more information about the many services and resources available to you, please contact us at [families@4cforchildren.org](mailto:families@4cforchildren.org) or visit [www.4cforchildren.org](http://www.4cforchildren.org).