



**Join us Dec 14  
from 6-8p  
At Lilliput  
Children's  
Services**

[Lilliput is behind Sizzler off of Trancas. It is on Claremont beside of Kaiser. You will enter the doors off Claremont that face the Safeway parking lot.]

## Teaching Children Body Boundaries

Instructor: Claudia Alexander

- Why it's Important
- Parent Feelings
- Preparing for Conversations with Your Child
- Start the Conversations
- Creating Boundaries for & with Your Child
- Prevention Measures
- Resources
- Self Defense (for adults)
- Being Pro-Active with Your Personal Safety
- Options for Non-Lethal Self-Defense

Claudia has a BA in Business Management from St. Mary's College and AA in Early Childhood Education from Napa Valley College. She is the former owner of a child care center and was a preschool teacher for many years. Now, a consultant with Damsel in Distress, a company whose mission it is to equip, empower and educate women to protect themselves.

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