

Authentic Parenting for the HIGHLY SENSITIVE CHILD



Parenting is complicated, especially when you have a child who feels deeply, reacts strongly, and is often overwhelmed by sensory input.

Join us for a four-week class designed to help you better understand your child and strengthen your connection. Each week will combine research, practical strategies, and idea development with other parents.

WEEK 1 | The Neurobiology of Attachment & Why It Matters

Understand how attachment shapes your child's emotional development and your relationship.

WEEK 2 | Emotional Regulation for Parents & Kids

Learn effective strategies to help you and your child navigate big emotions.

WEEK 3 | The Case for Parent Self-Care

Explore why putting on your own oxygen mask first is critical to effective parenting.

WEEK 4 | Communicating for Connection

Build communication skills that foster trust, connection, and cooperation.

Who

Parents of Mackintosh students in grades 3-5.
Class limited to 12 participants; please register now!

When

October 21 & 28 and November 4 & 18
(no class November 11)

Time 9:00am-10:30am

Cost \$200 per person | \$300 per couple

About Sarah

Sarah is a Licensed Clinical Social Worker and psychotherapist. For over 15 years, she has raised awareness of what it means to be a "highly sensitive person." As a therapist, parent coach, speaker, advocate, and mom of three, Sarah passionately believes that "neurodiversity is the new norm."

To learn more about Sarah, visit sarahahn.com.



Interested? Scan the QR code to learn more and register!

Contact Sarah Ahn, MSW, LCSW | 303.562.6328 | sarah@sarahahn.com