



Sharifa Oppenheimer is the author of 3 books: **Heaven on Earth: A Handbook for Parents of Young Children**, (A best seller), **How to Create the Star of Your Family Culture**, and her most recent book, **With Stars in Their Eyes: Brain Science and Your Child's Journey toward the Self**. She is the co-author of **What is a Waldorf Kindergarten?** She was the founding teacher of the Charlottesville Waldorf School, Virginia, where she taught kindergarten for twenty-one years and served as day care director of the early-childhood program. She has helped develop new teachers through mentoring and offering practicum and internship opportunities to the teacher-training students at Sunbridge College in New York. Recently she initiated a home-based kindergarten program, The Rose Garden. Sharifa also travels nationally and internationally offering lectures and workshops to school and parent groups, encouraging each one to discover their own **Healthy, Heartfelt Family Culture**. Sharifa is the mother of three grown sons, who were educated in the Waldorf tradition. She lives with her husband in an enchanted forest in Virginia.

Baby's Brain Development Now & Forever:

How Senses, Movement and Loving Connection Create the Foundation for a Child's Healthy Growth and Development for Life

Join us to hear a heart-filled rendering of the gentle ways that young children have been traditionally raised and educated combined with the newest neuroscience that supports these practices. Sharifa will be focusing on the seven foundational senses and how movement integrates these sensory experiences into a meaningful whole during the first three (up to seven) years. "Loving connection is the foundation of all brain development." She will share her "Heartfulness Meditation" which leads to Self Compassion and makes it possible to maintain the safe, nurturing and attuned relationship with children throughout the day and contributes to the growth of Mutual Self Regulation, one of the foundations of physical and mental health.

REGISTRATION

www.idaofcal.org

IDA Members \$55

Non-Members \$65

Students/Parents \$40

DATE & TIME

Friday September 20, 2019

8:00 am Registration and light breakfast

8:30-11:30 Presentation

LOCATION

SETA Head Start

925 Del Paso Blvd. Ste 100

Sacramento 95815

CE HOURS

See IDA website for details. Additional fees apply.

QUESTIONS? 916-453-8801 or mail@idaofcal.org

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