

# Prepped and Ready

## PARENTING INTO THE TEEN YEARS



**Dr. Shayla Sullivant, MD, DFAACAP**  
CHILD AND ADOLESCENT PSYCHIATRIST

*Bad things happen in good families too. Some of the best parents in the world face really challenging periods with their children. Being a good parent does not make our kids immune to tough times. There are changes we can make and steps we can take to make our homes safer and our community healthier.*

Dr. Shayla Sullivant, MD

Dr. Sullivant is in practice at Children's Mercy Kansas City. Dr. Sullivant is partnering with the community to empower parents with information early to prevent some of the painful experiences that she has witnessed.

Parents today face new challenges that our parents never encountered. But there are steps we can take as parents that make a difference. We can address problems before they become too big. We can take steps to prevent tragedies from happening within our own homes.

### **Presentation Topics:**

- Self-care
- Eating disorder prevention
- Screen time
- Substance use (including vaping)
- Suicide prevention
- Home safety (Including storage of firearms, medications, etc.)

### **Location:**

### **Date:**

### **Duration:**

### **RSVP:**

**Limited seats are available so reserve your spot now.**