



NEWS RELEASE

FOR IMMEDIATE RELEASE

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“The Mothering Coach” Becky Brittain Joins COCA Faculty

Nationally recognized therapist, author, and public speaker to lead early childhood development classes beginning September 8.

(St. Louis, MO) Therapist, author, and parenting expert Becky Brittain, Ph.D. will lead four early childhood classes at COCA beginning September 8, 2009. Dr. Brittain returns to the COCA faculty, having developed and taught the popular Bright Beginnings classes at COCA in the 1990s.

The parent-baby and parent-toddler classes teach parents skills for approaching the key developmental dynamics of the first two years of life. Children will foster a secure attachment, develop motor and language skills, and enhance neurological development. The latest findings in neuroscience are the foundation for these classes, which emphasize joyful interactions, movement, and play. Parents who participate will learn to relate to their babies or toddlers nonverbally and to move in synchrony with them. This rhythmic flow fosters closeness, bonding, and soothing between parent and child. The classes offer a developmental boost to each child and provide parents new ways to enjoy the gift of time with their young children.

Dr. Brittain is a developmental expert who is one of only a handful of people in the country with a doctorate in prenatal and perinatal psychology. She was a dance-movement therapist for 25 years in the St. Louis area, and is now the Director of the Conscious Parenting Center in Clayton, MO, the parenting columnist for *St. Louis Kids* magazine, and an educational speaker on early parenting and infant development topics. She has an article in the newly published book, *The Indigo Children Ten Years Later*.

Registration for COCA fall programs begins August 10. Founded in 1986, COCA's mission is to enrich lives and build community through the arts. For more information about COCA, or to register, visit www.cocastl.org.

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