

Lowenstein & Associates

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It's Spring!

It's not too soon to be thinking about **SPRING** and all the things that go with it! Here are some great ideas for segments about parenting and psychology during this season.

SPRING BREAK....

Taking a Family Vacation? A trip that is supposed to be relaxing can quickly turn into a nightmare when conflict arises. Learn tips to help parents maintain discipline and normalcy while on the road, making vacation more fun for everyone.

Staying at Home? Your kids are out of school for the week and you're at work. Find out the best ways to set ground rules for older kids during their spring break at home so they have fun and you don't worry.

SPRING FEVER....

Is it a real phenomenon? Dr. Lowenstein will discuss the emotional changes that take place during this season of rebirth. When does Spring Fever typically set in? What do experts attribute this to? How do children and adults respond differently?

Dr. David Lowenstein is a Psychologist with 25 years experience in private practice in Columbus, OH, specializing in individual, marital, family and group therapy with children, adolescents and adults. Experienced, professional and humorous, Dr. Lowenstein is a terrific expert for interviews on these and many other related topics.

Dr. Lowenstein provides expert testimony nationwide relating to adolescent and adult psychopathology and is also a frequent guest on television, radio and print media.