

Positive Discipline

Creating Respectful Relationships in Homes and Schools



Dates and Time:

- 6 x Thursday evenings from 5:45 to 7:45 pm
- November 16th, 23rd, 30th, January 4th, 11th, 18th

Facilitators: Ms. Andrea and Ms. Philippa

Course cost: CI \$30 to cover the books and materials

Participant's materials:

- Positive Discipline, by Jane Nelsen
- Participant Workbook

Topics covered include:

- How to avoid power struggles and invite cooperation
- Connection before correction
- Sibling fighting and what to do about it
- Encouragement vs. praise
- Alternatives to punishment without being permissive
- Finding solutions as well as natural and logical consequences
- Family meetings
- How to teach children to self-regulate through positive time out
- Other problem-solving tools such as the wheel of choice
- Kind AND firm parenting
- How to focus on solutions without blame or shame
- Understanding the belief behind the behavior
- Routine charts
- What to do about back talk
- 52 Positive Discipline tools that really work!

Registration Details:

- Please sign-up with the following link. <https://goo.gl/forms/aBxHhEruZiliQzsv1>

You will receive an email from Ms. Andrea when your place in the course has been confirmed. You will be able to make your payment at the Administration office at that time.

After enrolling for the course, further details will be emailed to you.

- Registration for this course is on a first come first serve basis as the class is limited to 15 participants. Please note, preference will be given to parents who have not previously taken the course.