

Effective Parenting through Positive Discipline for parents of children 2-12

Are you looking for ways to reduce battles and increase cooperation in your home?

Are you looking for ways to build on your parenting skills and knowledge?

JOIN JOANNE BOYD for a one-night parenting workshop that can change the atmosphere in your home!

"We'll explore the role of sleep, healthy nutrition, predictable daily routines and positive communication". "We'll review practical discipline tools from planned ignoring to learning about consequences that teach rather than punish".

This *positive discipline* workshop will give you parenting tools that will stick with you!

What you'll take away from this workshop:

- Ways to strengthen your relationship with your children and engage their cooperation
 - A range of discipline tools to use, from ignoring to applying consequences
 - A clear idea of how to actually apply the tools that best suit *your* children
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When: Thursday January 26, 2017

6:30 p.m. to 8:30 p.m.

Where: Family Services Ottawa, 312 Parkdale Avenue

Cost: \$30.00 per person

For information and registration, please contact us at 613-725-3601 extension 207 or visit us at www.familyservicesottawa.org to register online

Get the *parenting edge!*