

Parenting Workshop

with Valerie Tih



A Course for Parents + Caregivers

What attendees can expect:

- ▶ A clear understanding of Positive Discipline principles.
- ▶ A clarification of some common myths about Positive Discipline.
- ▶ An inspiring vision for the future and how to guide children towards that vision.
- ▶ An understanding of a calm and receptive brain state that is ready for learning and guidance.

- ▶ How to foster connection through active listening.
- ▶ A differentiation between encouragement and praise and their impact on a healthy self-esteem.
- ▶ How to foster a Growth Mindset.
- ▶ How to transform compliance requests into language that will gain cooperation.
- ▶ Practical Positive Discipline strategies to apply immediately.

When: Monday, May, 28th, 2018

Where: Dundas Street Public School

Time: 6:30 - 8:30pm