



POSITIVE DISCIPLINE

Positive Discipline is a curriculum-based program that teaches parenting without punishing children. It teaches parents how to talk respectfully to their children while being firm. Is it possible to be kind and firm at the same time? Being kind and firm helps parents get to the core of their child's "misbehavior" and positive discipline offers techniques to establish strong relationships and thinking, responsible children. The key to positive discipline is not punishment but mutual respect. **This class is geared for parents and caregivers of children, ages 6 to 11.**

Discussion will be centered on:

- Bridging communication gaps.
- Defusing power struggles.
- Avoiding the dangers of praise.
- Enforcing your message of love.
- Building on strengths, not weaknesses.
- Holding children accountable with their self-respect intact.
- Teaching children not what to think but how to think.
- Winning cooperation at home and at school.

**Monday evenings,
January 30 to
March 6, 2017,
from 6:30 to 8:30 p.m.**

**Bon Secours
Mary Immaculate Hospital
Health Resource Center
2 Bernardine Drive,
Newport News, VA 23602**

FREE!!



**Bon Secours
FAMILY FOCUS**

To register, or for more information, please email delores_price@bshsi.org or call 757-886-6511.