

# Parenting the Positive Discipline Way

**A six-week HYBRID interactive class for parents of preschoolers through teenagers**

- ⊕ Build a better relationship with your child and gain cooperation
- ⊕ Encourage positive behavior at home and school
- ⊕ Avoid power struggles
- ⊕ Develop solutions that are related, respectful and reasonable
- ⊕ Better understand what is going on in your child's brain
- ⊕ Find the joy in parenting your child again

Facilitated by Julianne Reilly, MSW & Donna Zientek, LCSW

Certified Positive Discipline Parent Educators

**3 IN-PERSON Tuesdays 6:30-8:30pm - February 13<sup>th</sup>, Feb. 27<sup>th</sup> and March 13<sup>th</sup>**

**\*Virtual component on the off Tuesdays will include videos, reading, and practice at home with your kids. We will also be available to contact with questions or challenges\***

St. Louis Catholic School

\$70/person or \$100/couple\*

Register here: <https://stlouisparentingclass.eventbrite.com>

or call the St. Louis School Office @ 703-768-7732

Questions??? E-mail Julianne Reilly @ [jreilly@stlouisschool.org](mailto:jreilly@stlouisschool.org)



*Positive Discipline is designed to teach young people to become responsible, respectful and resourceful members of their communities. Positive Discipline teaches important social and life skills in a manner that is deeply respectful and encouraging for both children and adults. Research tells us that children are hardwired from birth to connect with others, and that children who feel a sense of connection to their community, family, and school are less likely to misbehave. To be successful, contributing members of their community, children must learn necessary social and life skills. Positive Discipline is based on the understanding that discipline must be taught and that discipline teaches.*

[www.positivediscipline.com](http://www.positivediscipline.com)

\*Discounts will be offered to parents who attended the introductory workshops and scholarships are available, if needed.

Contact [jreilly@stlouisschool.org](mailto:jreilly@stlouisschool.org)

