

Positive Discipline Parenting Workshop

Do you often find yourself wondering: "Why don't my kids listen to me??" Are you exhausted battling with your kids over homework, chores, bedtime, etc.? Are you tired of whining, complaining and tantrums? Do you find yourself yelling more often than not? Are you tired of getting into power struggles with your children? Are you just plain TIRED!?

Intro to Positive Discipline

Understanding the belief behind the behaviors

Facilitated by Julianne Reilly, MSW & Donna Zientek, LCSW

Certified Positive Discipline Parent Educators

Monday, October 23rd 6:30-8:30pm

St. Louis Catholic School

\$25/person \$40/couple

**Register here: <https://stlouispositivediscipline.eventbrite.com>
or call the St. Louis School Office @ 703-768-7732**

Questions??? E-mail Julianne Reilly @ jreilly@stlouisschool.org

Positive Discipline is based on mutual respect and cooperation. Positive Discipline incorporates kindness AND firmness as the foundation for teaching invaluable life skills. You will learn the foundations of the Positive Discipline model, tools for managing daily frustrations with your children, and how to help your children develop these skills:

