

Workshop on Discipline – It's All Good...Until It's Not!

Parents are always optimistic – everything with our kids is wonderful! Until it isn't!



And that is when they find themselves looking for ideas on how to get their kids to act, and do things that the parents want.

This 5-part workshop on discipline is designed to allow parents to learn, build, and test systems at home. It will consist of small and large group discussion, learning techniques and strategies, and THEN creating personalized techniques, tools, and strategies to take home.

Each week will build off the previous week, allowing participants the opportunity to try things at home and come back with questions and suggestions to share with others.

SESSION 1 – January 10; Introduction to Discipline – Build a clear understanding of discipline; explore what bugs us about kids' behaviors and identify what we want from our relationship with them.

SESSION 2 – January 17; Structure & Routines – Learn what structure is and how it helps children (and us); develop routines for home.

SESSION 3 – January 31; Expectations & Incentives – Understand types of expectations (what we sometimes call rules); build sets of expectations for use at home; understand thinking behind incentives; learn types of incentives and how they can help children learn.

SESSION 4 – February 7; The Right Response – Responding to behaviors in the moment, whether they are small infractions or annoyances, or a big blowout tantrum.

SESSION 5 – February 21; Consequences – Understand the role and value of consequences; what are the right consequences; learn a variety of consequences.

Classes run from 7:00pm-9:00pm at the Unitarian Universalist Church of Arlington (UUCA) in Room 14 (lower level), 4444 Arlington Blvd, at the corner of Route 50 and George Mason Drive.

The workshop is free and open to the public. It is designed to be a 5-part class; participants can attend single sessions, but may miss some content.

Pre-registration is preferred: <http://www.signupgenius.com/go/4090f4facac28a5fb6-workshop>

For further information, please contact [Michael Swisher](#)

A little background on the workshop leaders:

Michael Swisher, BS, MS, has worked with a variety of teens and pre-teens, some at risk, some involved in the Juvenile Justice system, some who are everyday run of the mill kids. All of them are looking for connections, want to be seen and feel special. He has developed and delivered training for staff on behavior management that had, at the foundation, a loving and respectful relationship with youth. In his current work with the Partnership for Children, Youth and Families, he strives to strengthen adults' abilities to support young people throughout the community. He has designed and led numerous workshops for Out of School Time staff and parent/caregivers on positive communication and building supportive relationships with youth. With his wife of 24 years, he is raising a 12th grade daughter and a 6th grade son.

Erik Endo, M.Ed. has extensive experience as a teacher (preschool (Spanish), elementary (Special Ed), middle/high school (Special Ed), and adults (ESL)) and instructor:art, electricity, origami, soccer, and Odyssey of the Mind enrichment programs. He is also a longtime soccer coach. Erik has also run camps and after school programs for elementary and middle school children. In his current job with Even Start Family Literacy Program, he brings together mothers as they learn English, Parenting, Technology, and accessing community resources to low-income parents of young children. However, his favorite role was the 10 years that he was a stay-home-dad to his three boys who are currently in 12th, 10th, and 7th grades. From organizing toddler playgroups to coaching middle school boys to teaching English to adults, Erik continues to believe that creating and nurturing positive and meaningful relationships is the central focus from which all good things come. Erik, his wife, and three boys are alums of Arlington Unitarian Cooperative Preschool.