



CONSCIOUS DISCIPLINE

PARENT CURRICULUM

"The messages we send our children today will be the messages they tell themselves tomorrow"

-Dr. Becky Bailey

SIX TOTAL DATES:

FEBRUARY 24, 2021

MARCH 3RD, 10TH, 24TH, 31ST

& APRIL 7TH

VIRTUAL

**PRESENTATIONS:
FROM 1:00 PM TO**

2:00 PM

RSVP USING THIS LINK: [GOOGLE FORM](#)



WHAT WILL YOU LEARN?

All About Brain States - 2/24

Safe Places and Composure - 3/3

Connections & I LOVE YOU
Rituals - 3/10

Noticing - 3/24

Visual Routines - 3/31

Assertiveness - 4/7

WE WANT TO ENGAGE WITH YOU AS PARTNERS IN BUILDING HEALTHY, BRAIN SMART FAMILIES THAT HELP CHILDREN GROW AND LEARN

- ◆ Avoid teaching the very behavior you want to prevent.
- ◆ Understand the need your child is seeking to fulfill by their behavior.
- ◆ Make your parenting language effective.
- ◆ Teach the skills of cooperation and caring rather than domination and fear.
- ◆ Know your child. Know what's normal.
- ◆ Create a positive, healthy relationship with your child.



There will be Drawings for Door Prizes at Each Virtual Session

Those Who Attend all Six Virtual Sessions will be Entered into a Final Drawing for two \$36 Gift Cards to Price Chopper