

Stay Cool with Hot Tips for Positive Discipline

Webinar Series Facilitated by Janet Pozmantier, MS, LPC, LMFT, RPT

APR
8

Wednesday
12:00 – 12:30 PM

The Magic of Empathy

As parents, we may feel it's our job to tell our children what to think and feel, but instead of gratitude and cooperation, we get rebellion and misbehavior. Why does this happen, and what can we do instead? In this session, we explore the power and magic of empathy, and how it can be a game changer in helping our children learn how to identify and manage their feelings and behavior.

APR
22

Wednesday
12:00 – 12:30 PM

Using Boundaries and Redirection to Help Children Manage Their Behavior

What can you do when your children aren't listening? Step back and examine what you are saying, how you are saying it, and what would work better. In this session, we'll look specifically at the techniques of Setting Clear Boundaries and Redirection so you can help your children learn to manage their behavior.

MAY
6

Wednesday
12:00 – 12:30 PM

If You Choose This . . .

Why should we give young children limited choices and how do we do it? What is our role in ensuring our children learn the consequences of their choices? In this session, we will learn and practice a basic formula for Choices and Consequences, a positive discipline strategy that helps children learn from an early age how to make wise life decisions.

MAY
22

Wednesday
12:00 – 12:30 PM

The Power of Feeling Understood

How do you feel when someone "gets you?" Most of us feel safe, secure, understood, and cared for. Our emotions dial down and we no longer need to yell or hurt others. In this session, we will explore strategies for using the Reflecting Feelings technique for soothing and managing our children's feelings and behavior.



This series is offered at no cost to participants, thanks to the generous support of the Permanent Endowment Fund of Moody Methodist Church.

REGISTER HERE

<https://childbuilders.org/discipline>
Zoom links will be shared by email.



CHILDBUILDERS. Building Pathways to Healthy Minds



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Free Webinars for Parents & Caregivers

Join us for two live, interactive webinars this April and May. In just two sessions, learn to:

- Explain how empathy affects parenting.
- Describe assertiveness in parenting and how to use it effectively to set boundaries and drive connection with children.
- Understand practical ways to set up environments in their home that are intentional for connection.
- List discipline strategies that embody empathy and assertiveness.
- Express confidence in using empathy-based discipline with their children.

Create a Nurturing Home for Your Child

Friday, April 17
12PM-1PM

Register at
<https://childbuilders.org/PWE1>

Connect Before You Correct

Friday, May 1
12PM-1PM

Register at
<https://childbuilders.org/PWE2>