



Navigating the School Years with Positive Discipline

Location: Westlake Elementary Library
Tuesdays, October 2-November 13, 6-8pm



Facilitator: Julie Atkinson: M.Ed., Certified Positive Discipline Instructor and Teacher

Cost: \$80 suggested donation, **50% discount for spouse /domestic partner**
(when possible both parents are encouraged to attend)

As a parent, you will learn to:

- Guide positive behaviors using encouragement instead of rewards
- Discover the motive behind your child’s misbehavior and how to use effective solutions rather than punishment
- Improve sibling relationships by providing your children with life-long conflict resolution skills
- The power of Family Meetings and how to conduct them
- Develop your child’s internal locus of control and ability to self-regulate
- Teach your child to be cooperative and capable
- Practice listening in new ways, make agreements and follow through with firmness and kindness
- Celebrate and guide your unique and individual child
- The importance of self-care

Some of the typical parenting challenges we will address.....

- Misbehaviors
- Bedtime and morning hassles
- Sibling conflicts
- Chores
- Homework struggles
- Motivation
- Mealtimes

Name _____

Phone _____

Email _____

Childcare will be offered by a district employee for children ages 4 and older at \$5/class.

I plan to use childcare and the ages of my child(ren) are _____

I do not plan to use childcare.

Please contact Julie Atkinson with questions: julie_atkinson1@yahoo.com or 831-234-2662

Note: An additional class is available for families of preschoolers on Thursday evenings, October 4-November 15.

Register by September 24 to reserve your spot. Make check payable to Westlake PTA and return to Westlake main office or register at <https://www.pdcrc.org>