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| Program Information This parenting program was created by Dr. Jane Nelson, Ed.D., of Educational Psychology and Marriage and Family Therapy, and Parent Educator of over 40 years, Lynn Lott. The Adlerian scientifically supported program has been taught in seminars, classes and programs all over the world with great parenting returns.  Through this program parents will discuss different parenting situations and find help through the many topics covered in class. Such as, sibling rivalry, not finishing homework or chores, preventing power struggles, overcoming child’s bad habits, helping child develop positive life skills in the long term, discipline application guidance, anger issues, how to grow a child’s independence, and multiple others.  This course is taught by certified Positive Discipline Parenting Educator, Jessica Whitehead, B.A. Social Studies Secondary Ed and mother of 4 children, raised in a family of 8 kids. |  | Location Address 451 Eastland Dr. Suite # 1, Twin Falls Idaho 83301  Go through glass doors in the front and the office will be on your right. For questions or to register, call Aspen Grove Family Therapy 208-258-7681 or through email: office@aspengrovetherapy.com |  | PosItive Discipline Parenting Class  Nine-week series divided into 3 parts that touches on kind but firm tactics that focus on respect given to both parent and child. |
| Course Parent Training Includes: Magnifying glassDiscover Learn how to discern the core misguided beliefs of your child that motivate their poor behavior and what actions would best resolve the issue for the child. Architecture outlinePD Tool belt Find help and guidance through several tools that the Positive Discipline Method provides. Including such tools as Positive Time Out, Family Meetings, Ways to Fix Mistakes, Limited Choices, Quality Time, The 4 R’s of Punishment and so much more. Family with two children with solid fillWhat you will come away WiTh: More or less, you will come away with fresh ideas for parenting your children, a new understanding of yourself and your child, and the encouragement you need to keep trying and improving as a parent. |  | Further Details The cost to take the program is divided into the 3-week sections, payment expected before the beginning class of the section. Payment includes: Each section of the Parenting Course All supplies, included in teaching the class, are provided. For example flipcharts, markers, etc. Participants will also be given a journal for notes and goals. Parent Training Supplies Each Participant/Couple will be provided The Positive Discipline book, The Positive Discipline Workbook and the Positive Discipline Parenting Tool Flash cards. |  | “A misbehaving child is a discouraged child.”  - Dr. Jane Nelson “Positive Discipline.” 1990? pg.24. - |