SETTING BOUNDARIES AND CREATING RELATIONSHIPS WITH YOUR CHILDREN -
A Positive Discipline Parenting Workshop

Feeling challenged by:

- Power struggles?
- Sibling conflict?
- Attitude problems?
- Morning and bedtime hassles?
- Whining?
- Temper tantrums?
- Interrupting?
- Homework and chores not getting done?
- And more…..?

This workshop will give you Positive Discipline-based tools and strategies to deal more effectively with these challenges. Using experiential activities and role-plays, participants will get to practice using the Positive Discipline-based tools. Good for parents, teachers, and others who interact with children from toddlers to teenagers. Workshop is based upon Positive Discipline by Jane Nelsen.

When: Three Tuesdays: March 16, 23, and 30, 2021, from 6:30-8:30pm (PDT)
Where: Online - Zoom (San Jose, CA., USA)
Cost: Individual: $100; Parenting partners (2): $150 total
Register: Set Boundaries Registration

Some of the topics being covered:

- What is Positive Discipline?
- How a Child's Beliefs Affect Behavior
- Setting Boundaries Effectively and Respectfully
- Connecting with your Children – being Kind and Firm at the Same Time
- Focusing on Solutions
- Dealing with Anger Respectfully
- Building a Cooperative Relationship with Your Children
- Positive Discipline Tools for Parenting Challenges

Becky Divinski *is the facilitator of this workshop. She is a Certified Positive Discipline Trainer and parent. Becky teaches different groups - school staff, parents, and other organizations.*