

# Positive Discipline Workshop

March 21, 2015



**Who:** Parents of Toddler, Kids, & Teens

**Date:** March 21 2015

**Time:** 8:00am-4:30pm

**Cost:** \$125 per couple or \$75 per individual

**Included:** Bagels, coffee, and snacks, positive discipline book and binder with handouts

**Location:** Fountain Hill Center, 534 Fountain Street NE. GR, 49503

Register online or call Tracy- 616.916.7001  
Cara- 616.299.9983

*"We are hoping for improvement not perfection with our children and with ourselves"*

## Feeling overwhelmed? Frustrated? Exhausted?

If you have ever lost your temper, question what you are doing as a parent, or just plain and simply felt defeated, **this workshop is for you!** If you have lots of tools in your parenting toolbox and want to add more, **this workshop is for you!** Positive Discipline is for parents who are looking for long term parenting skills that will encourage children to think for themselves, become more responsible, and have greater respect for self and others. The teachings of positive discipline are filled with non-punitive and **respectful** methods that will incorporate **kindness and firmness** into parenting. It helps parents get to the core of the child's misbehavior, brings joy to the home, and gives parents a **sense of accomplishment**.

### Workshop Outline

**8:00-8:30** Check In, Coffee, & Bagels

**8:30-12:30** Positive Discipline Basics

**12:30-1:30** Lunch on your own

**1:00-4:30** Adding tools to your toolbox, role playing, parents helping parents, questions & comments

## Presenters:

**Tracy Thompson MA LLPC Certified Positive Discipline Associate:** Tracy is a child and family therapist at The Fountain Hill Center. She uses positive discipline at work and at home with her husband. Tracy has two boys and loves how practical and long term positive discipline is.

**Cara Kuipers MA LLPC SCL Certified Positive Discipline Associate:** Cara is a school counselor who works as a preschool consultant in Hart, Mi. She uses positive discipline in the school and with teachers. She and her husband use positive discipline at home with their two kids. Cara loves positive discipline because after all of her research in parenting this one "makes sense" and she loves that the focus is long term: raising confident, respectful, and independent individuals.

