

You're Not the Boss of Me ...Positive Discipline for 0-12 year olds

- What is “typical” behaviour for children in this age group?
- How can I help my child build self-esteem?
- How can I set reasonable behaviour limits for my child?

Under the expert direction of Joanne Boyd at Family Services Ottawa, this five-week course offers an informative and interactive exploration of the challenges and opportunities facing parents of children aged 0 to 12.

Come and meet with other parents to discover new strategies for making parenting less stressful and more rewarding – for everyone.

Topics include: child development, effective communication, building self-esteem, understanding misbehaviour, positive discipline techniques...

When: Tuesdays: October 6, 2020 – November 3, 2020

Time: 6:30 pm to 8:30 pm

Where: Video Conferencing

Cost: \$175.00 per person or \$325 per couple
Limited subsidies are available

Please visit us at www.familyservicesottawa.org to register online
For more information email wsmith@familyservicesottawa.org or call 613-725-3601 ext. 108