**Effective Parenting Through Positive Discipline**

* **Are you looking for ways to reduce battles and increase cooperation in your home?**
* **Are you looking for ways to build on your parenting skills and knowledge?**

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Join JOANNE BOYD for a one-night parenting workshop that can change the atmosphere in your home!

“We’ll explore the role of sleep, healthy nutrition, predictable daily routines and positive communication”. “We’ll review practical discipline tools from planned ignoring to learning about consequences that teach rather than punish”.

This *positive discipline* workshop will give you parenting tools that will stick with you!

What you’ll take away from this workshop:

* Ways to strengthen your relationship with your children and engage their cooperation
* A range of discipline tools to use, from ignoring to applying consequences
* A clear idea of how to actually apply the tools that best suit *your* children

**When:** Thursday January 23, 2020

**Time:** 6:30 pm - 8:30 pm

**Where:** Family Services Ottawa, 312 Parkdale Avenue

**Cost:** $40.00 per person

**Please visit us at** [**www.familyservicesottawa.org**](http://www.familyservicesottawa.org) **to register online or call us at 613-725-3601 ext. 108 for more information.**