**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***](http://www.familyservicesottawa.org) ***to register online***

***For more information email*** [***wsmith@familyservicesottawa.org***](mailto:wsmith@familyservicesottawa.org) ***or call 613-725-3601 ext. 108***