



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TURN CONFLICT INTO COOPERATION

## 7 Basic Parenting Skills Every Parent Needs to Know

Based on the parenting program: "Conscious Discipline®," created by Dr. Becky Bailey, a leading expert in social-emotional learning for child development.

"Conscious Discipline®," uses current brain research and developmentally appropriate practices. You'll learn how to stay calm and think creatively when faced with challenging parenting situations. You'll also learn how to be loving, fair and firm - while creating a strong, caring family.



### LEARN HOW TO:

- Handle fits and tantrums
- Deal with and prevent power struggles
- Use natural and imposed consequences to teach vs. punish
- Teach your child how to handle bullies
- Help your child develop compassion and empathy

### 2014-2015 CLASS SCHEDULE:

Room 107 | 6:00-7:30 PM

Monday | September 8-October 20

Thursday | January 15-February 26

Class Fees for Individuals: \$115 Members | \$125 Non-members

Class Fees for Couples: \$205 Members | \$225 Non-members

For more information, contact Brenda Stevens at 760.942.9622, ext. 1045, or [bstevens@ymca.org](mailto:bstevens@ymca.org).

### The 7 Basic Discipline Skills

Composure

Encouragement

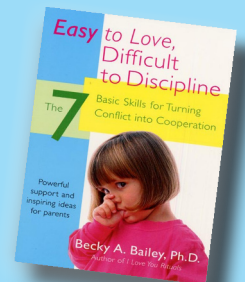
Assertiveness

Choices

Positive Intent

Empathy

Consequences



This class is taught by Brenda Stevens, MA, Program Director at the YMCA Preschool.

Register in person at the YMCA or call 760.635.3050.

PARENT CHILD ENRICHMENT | MAGDALENA ECKE FAMILY YMCA

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