



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

2015-16 CLASS SCHEDULE:

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

Tuesdays: September 8–October 20 | 6:00–7:30 pm
January 12–February 23 | 6:00–7:30 pm

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

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

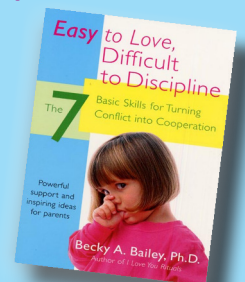
For more information, contact Brenda Stevens at 760.942.9622, ext. 1045, or bstevens@ymca.org.

Register in person at the YMCA or call 760.635.3050.



The 7 Basic Discipline Skills

Composure
Encouragement
Assertiveness
Choices
Positive Intent
Empathy
Consequences



PARENT CHILD ENRICHMENT
MAGDALENA ECKE FAMILY YMCA