



DUBLIN UNIFIED SCHOOL DISTRICT

Loving Solutions: A Parent’s Guide to discipline children Ages 5-10

A parenting program designed specifically for parents who need solutions.

* Special applications for younger children who may be difficult or out-of-control & also ADD/ADHD issues

Instructors: Erin N. Johnson, M.A., School Counselor at Frederiksen Elementary
Leor Levin, M.S., School Counselor at Fallon Middle School

Tired of arguing? Loving Solutions teaches parents interventions that work. This 8 week course is a workshop for parents to structure a discipline model designed by the authors of the “Parent Project”. This model combines behaviorism, developmentally appropriate communication skills, expressing love & affection, and enabling your students to make positive choices (which builds self-esteem).

Some of the topics that will be addressed...

<ul style="list-style-type: none"> ❖ Establishing Discipline Routines <ul style="list-style-type: none"> ➢ Conveying love & affection ➢ Influencing vs. controlling ➢ Motivating children ➢ Using time-outs correctly 	<ul style="list-style-type: none"> ❖ Ideas, rules, tools <ul style="list-style-type: none"> ➢ Teaching expectations & values ➢ Critical household rules ➢ Encouraging better choices
<ul style="list-style-type: none"> ❖ Structuring for success <ul style="list-style-type: none"> ➢ Keeping kids busy ➢ Improving school success ➢ Home behavior management structuring 	<ul style="list-style-type: none"> ❖ Concrete Solutions <ul style="list-style-type: none"> ➢ Managing the highly impulsive ➢ Overcoming sibling rivalry & conflicts ➢ Stopping out-of-control behaviors

When: Tuesday Nights; February 6th – March 27th, 2018

Time: 6:00pm – 8:00pm **Cost:** \$80/adult; \$120/couple

(fee assistance available for DUSD parents)

Where: Frederiksen Elementary School (Library):

7243 Tamarack Drive Dublin, Ca 94568

Childcare and light dinners included;

please RSVP number of children

How do I register?

- Registration may be done through your school site administration, office, or counselor; online at: www.dublin.k12.ca.us -go to “calendar” and find the class link on the date of our first session



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or www.parentproject.com *Make checks payable to Dublin Unified School District