



POSITIVE PARENTING SEMINAR SERIES

SEMINAR 1

The Power of Positive Parenting

Children of all ages need a safe, secure and loving environment to do well. Positive Parenting is an effective approach to raising children that is positive. It involves creating a family environment that is loving, supportive and predictable. Come hear some suggestions about how to use positive parenting in raising your children.

SEMINAR 2

Raising Confident, Competent Children

The values, skills and behaviors to encourage in children are the choice of every individual parent. However, some core skills are important for everyone. Children are more likely to be confident, succeed at school and get on well with others when they develop certain life skills. These life skills include being respectful and considerate, communicating well with others, thinking positively and having healthy self-esteem, being a good problem solver, and becoming independent. Come hear some ideas on how to help children learn these important life skills and become confident and competent individuals.

SEMINAR 3

Raising Resilient Children

One of the most important tasks of parenthood is helping children learn to deal with their emotions. All children experience periods of stress in their lives and need the emotional skills to deal with it. Children's ability to cope with their feelings is important to their long-term happiness. Come hear about the six keys skills to help children build emotional resilience.

ATTEND ANY SEMINAR OR THE ENTIRE SERIES

- Seminar 1 Thursday March 1
- Seminar 2 Thursday March 15
- Seminar 3 Thursday March 29

Courtenay Elementary School
(1540 McPhee Av. Courtenay)
6:30 - 8:00 pm

Call **897-0511** to register

No Cost