



Positive Discipline Parenting Class: *Become The Parent You Want To Be*

Do you...

- *want to help your child learn to be responsible and respectful?
- *get stuck in power struggles?
- *have issues with homework and chores?
- *feel overwhelmed by sibling conflicts?
- *wonder if you're doing a bedtime routine or an armed conflict?

Come learn some practical solutions to these common issues *and more* in an eight session parenting class based on Positive Discipline.

Research shows that children raised in families which use an authoritative parenting approach grow up to be the healthiest, happiest, and most resilient adults. Positive Discipline is for parents of children of **all ages** who are looking for useful tools that produce long-term results. In this class you will learn how you can encourage your children to be self-motivated, more responsible, and gain greater respect for themselves and others. This class is filled with practical, non-punitive and non-permissive techniques that allow for **kind and firm** parenting. Learn how to get to the core of your child's behavior and create a happier home environment.

For further information or registration: Please visit, www.juliatomes.com

Cost: *Early Bird Registration* by Sunday, April 9th: \$135 individual/\$170 couple. *After April 9th* : \$165 individual/\$200 couple.

Added charge of \$12.00 for a copy of the book, Positive Discipline by Jane Nelson, Ed.D which we will read for class. ***Sliding scale available.***

Childcare will not be available for this class.

Dates and Time: Monday Evenings 6:30 – 8:45pm, April 17th to June 12th
(No Class May 29th , Memorial Day)

Location: Abernethy Elementary School, 2421 SE Orange St., Portland, OR

Classes taught by Julia Tomes, M.A.T. Julia has a Masters of Arts in Teaching in elementary and secondary education and is trained in Montessori Ed. for Pre-primary. She has taught grades 5-8 in public schools as well as Montessori preschool. For the past 8years she has been a Certified Positive Discipline Trainer, working with parents and teachers building respectful relationships in homes and classrooms. Julia has two children and experiences daily practice using the tools of Positive Discipline.

For further information about Positive Discipline, please visit
<http://www.positivediscipline.org>