 **Positive Discipline For Teenagers 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 how to stay connected with your teen without becoming a nag?

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

Research shows that children raised in families which use an authoritative parenting approach grow up to be the healthiest, happiest, and most resilient adults. It shows that teens who perceive their parents to be both kind (responsive) and firm (structured) are at a lower risk for all forms of risky behavior, and these teens also show improved academic performance. The bottom line is that teens who feel a strong connection to their family, school, and community are less likely to misbehave. Positive Discipline is deeply respectful and encouraging for both teens and adults. The focus is on connecting, teaching, and guiding teens through these transition years, which produces the long-term results we want our teens to have when they are adults. It is filled with practical, non-punitive and non-permissive techniques which allow for kind and firm parenting. In this 8 week class, parents will learn about the teen brain and how best to parent their child through these most important years of change and growth.

**Cost: Early Bird Registration** by Sunday, December 24th, $135 individual/$170 couple. **After** December 24th, $165 individual/$200 couple.

 Added charge of $12.00 for a copy of the book, Positive Discipline For Teenagers by Jane Nelson, Ed.D and Lynn Lott, M.A., M.F.T. which we will read for class.

***Sliding scale available.***  ***Childcare not available.***

**Dates and Time:** Monday Evenings 6:30 – 8:45pm, January 8th – March 19th, 2018

**(No Class on these Mondays, 1/15, 1/29, and 2/19 due to school being closed)**

**Location:** Mt. Tabor Middle School, 5800 SE Ash St., Portland, OR 97215

**Registration or further information:** Please visit, [www.juliatomes.com](http://www.juliatomes.com/)

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 9 years she has been a Certified Positive Discipline Trainer, working with parents and teachers building respectful relationships in homes and classrooms.  Julia has two teenage children and experiences daily practice using the tools of Positive Discipline.

For further information about Positive Discipline, please visit [http://www.positivediscipline.org](http://positivediscipline.org/)