



# Positive Discipline for Teenagers Parenting Class

## How to Parent Teens with Kindness and Firmness

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, October 2<sup>nd</sup>, \$135 individual/\$170 couple. *After October 2<sup>nd</sup>*, \$165 individual/\$200 couple. *Sliding scale available.*  
(Added \$5.00 processing fee for credit card payment)

*\*\*We will be reading the book, Positive Discipline For Teenagers by Jane Nelson, Ed.D and Lynn Lott, M.A., M.F.T. Participants can order a copy through me for \$12.00.*

**Dates and Time:** Monday Evenings 6:30 – 8:45pm, October 15<sup>th</sup> 2018 – January 14<sup>th</sup> 2019  
(No Class on these Mondays 10/29, 11/12, 11/19, & 12/17-12/31, due to school being closed)

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

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

Class 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 to build 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>