The Portland Montessori School

Community Education

With The Portland Montessori School

Positive Discipline Parenting Course

Facilitator: Julia Tomes is a former elementary and middle school teacher, parent educator since 2008, and a Certified Positive Discipline Trainer.

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8 Week Course:

$200 per person/$300 per couple

(Sliding Scale options also available. Inquire with Julia.)

Research shows that children raised in families which use an authoritative parenting approach grow up to be the healthiest, happiest, and most resilient adults. Children who perceive their parents to be both kind (responsive) and firm (structured) are at a lower risk for all forms of risky behavior once they are adolescents, and they also show improved academic performance. The bottom line is that children 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 children and adults. Focusing on connecting, teaching, and guiding children, it is filled with practical, non-punitive and non-permissive techniques which allow for kind and firm parenting. In this 8 week class you will learn how to encourage your children to be self-motivated, more responsible, and gain greater respect for themselves and others. Participants will also learn about their child's growing brain and how to best parent each stage from birth to adulthood. This class is for families with children of any and all ages.

Learn more at ***www.juliatomes.com***

Class Dates (5:30–7:45pm):

- » Jan 28
- » Feb 4
- » Feb 11
- » Feb 18
- » Feb 25
- » Mar 4
- » Mar 11
- » Mar 18

The cost of the course for families enrolled in Preschool Promise is only $20

Please join us! Sign-up here:

To learn more about Positive Discipline go to ***www.positivediscipline.org***