



POSITIVE PARENTING STRATEGIES

PARENTS BUILDING SOLUTIONS

Presented by Parentzone in collaboration with PRONIA

JOIN US FOR OUR "HOW TO..." PARENTING WORKSHOPS

Session One: Positive Discipline

- Understanding the difference between punishment and discipline
- Understanding the difference between natural, logical and illogical consequences
- Establishing rules and consequences that teach your child to make good choices

BACK BY POPULAR DEMAND

Session Two: Tantrums versus Meltdowns

- Difference between meltdowns and tantrums
- Helpful responses to your own, and your children's, big feelings

DATE: Tuesday, 25th July (Session One)
Tuesday, 12th September (Session Two)

TIME: 12.15 p.m. - 1.30 p.m.

WHERE: Online (Zoom)
Please note: this session will not be recorded

COST: FREE!

For more information, contact:

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Register once to attend one, or both, sessions

Use the QR code or this link:
<https://forms.office.com/r/f2grN0MBYP>

Registrations close at 4.30 p.m. the day before

