

You're Not the Boss of Me ... positive discipline for 0-12 yr olds.

- What is “typical” behaviour for children in this age group?
- How can I help my child build self-esteem?
- How can I set reasonable behaviour limits for my child?

Under the expert direction of Joanne Boyd at Family Services Ottawa, this five-week course offers an informative and interactive exploration of the challenges and opportunities facing parents of children aged 0 to 12.

Come and meet with other parents to discover new strategies for making parenting less stressful and more rewarding – for everyone.

Topics include: child development, effective communication, building self-esteem, understanding misbehaviour, positive discipline techniques...

When: Mondays, October 16 to November 13, 2017
6:30 p.m. to 8:30 p.m.

Where: Family Services Ottawa, 312 Parkdale Avenue

Cost: \$150.00 per person or \$275.00 per couple. Subsidies are available.

For information and registration, please contact us at 613-725-3601 extension 207 or visit us at www.familyservicesottawa.org to register online

Get the *parenting edge!*