



MINDFULL CONNECTIONS

Changing the way you learn

Parenting for Positive Change

Parenting is challenging work, even if children are compliant and cooperative. They are 'hard-wired' to challenge authority, test boundaries and assert their independence – all of which has the potential to disrupt family harmony and add to the stress of every day life for adults.

This practical, small group course will help you understand and manage your child in a new, more successful way. Through participation in this course you can:

- Restore balance, predictability and cooperation to your family life
- Learn powerful strategies to reduce defiance and achieve win-win outcomes
- Give up old, ineffective response patterns for win-win ways of interacting
- Gain more control than you thought possible through positive parenting

Topics will include:

- Understanding the motivation and patterns behind children's behavior
- Identifying the parenting behaviors that result in defiant behavior
- Reducing anxiety stress and tension – for you and your child
- Use of a rubric to set behavior goals and monitor behavior change
- How to avoid shouting, threatening and power struggles
- Being calm, firm and non-controlling when giving consequences
- Reinforcing positive changes and creating a culture of cooperation
- Talk so your kids will listen – and listen so your kids will talk
- The Golden Rules of brain-compatible management

Course length: 6 sessions, 90 minutes each

Cost: 750 RMB, including course materials

680 RMB Early Bird Special

Maximum: 12 participants

Sessions: Start Thursday, 22nd April, 2010 from 7:30 – 9:00pm

Venue: To be advised



Presenter: Elizabeth Noske M.Ed, B.Ed., Dip.T. ≈ **mindfullconnections** ≈