

Discipline is **NOT** a Dirty Word

A Virtual Series

Please join us for a 4-week, virtual program to support parents and caregivers with tools and resources for raising children.

WHEN: WEDNESDAYS

OCT. 30, NOV. 6, 13, AND 20

TIME: 7:00 - 9:00 P.M.



WHAT WILL YOU LEARN?

Understanding Your Child

Child and brain development, temperament, and why kids misbehave.

Understanding Yourself Better

Parenting styles, co-regulation, resilience, and self-care.

Communication Strategies

Active and reflective listening, I Statements, and empathy.

Tools to Support Gentle Parenting

Five practical tips and ways to enhance your relationship with your child.



\$40 per family of 2, \$0 solidarity price
(for those that cannot pay at this time).

Scan the QR code to register.
Or [click here](#)



**Cornell Cooperative Extension
Orange County**

cceorangecounty.org

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sullivancce.org



**Family &
Consumer
Sciences**

RAISING KIDS, EATING RIGHT, SPENDING SMART

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.