

Conscious Discipline® Parent Nights 2018-19

Presenter: Jill Molli, *Conscious Discipline Master Trainer.*
Location: McCarthy Baptist Church, 2710 S. Belt Highway
Time: Light supper starts: 5:30 p.m.
Presentation: 6:00 – 7:30 p.m.
Who should attend: Parents/grandparents and other primary caregivers of children birth to six
Cost: Free!

Limited free childcare available, with reservations.

October 23, 2018 - *You Can't Make Me: Building Families Where Emotional Regulation is Practiced Everyday*

November 13, 2018 - *Transforming Aggressive Behaviors: Teaching Children How to "Use Their Words"*

December 17, 2018 - *Building Bonds: Guiding the Most Challenging Child*

January 29, 2019 - *Reclaim your Power: Choices Build Self Esteem and Willpower*

February 12, 2019 - *From Chaos to Calm: Turning Resistance into Cooperation*

March 26, 2019 - *If I Could Only Find the Right Consequence: Secrets and Myths about Effective Consequences*



About the speaker: Jill Molli has a no-nonsense ability to get to the heart of a situation and commitment to living Loving Guidance principles at school and at home. She is an entertaining, motivating, and heart-felt presenter.

Dinner! Door Prizes! Free!

Learn more about Conscious Discipline® at consciousdiscipline.com.

This event is presented in partnership with Community Action Partnership Head Start and partially funded by a Community Connect grant from Mosaic Life Care.



**Reservations are requested for all attendees and required for those needing childcare.
Limited childcare will be offered, so call as soon as you know you are coming!
Please call Jay at 816-364-2381 or email jay.martin@stjosephunitedway.org to reserve your spot.**

Session Descriptions

Tuesday, October 23, 2018 Composure

You Can't Make Me: Building Families Where Emotional Regulation is Practiced Everyday

Emotional regulation is about effectively using emotions as signals that alert us to the actions needed to sustain a relationship. Aggression, tantrums and defiance are social signals that direct us to change our behavior, much like physiological signals of thirst, hunger and tiredness direct us to drink, eat and sleep. By changing our perception and our response to everyday conflicts, we have the power to significantly reduce the power struggles and defiance in our homes.

Tuesday, November 13, 2018 Assertiveness

Transforming Aggressive Behaviors: Teaching Children How to "Use Their Words"

There is a way to permanently change children's behaviors, even the most difficult children. Children must be both "willing" to learn how to behave and must know the "skills" of how to successfully interact with others. By addressing both of these dimensions, we can achieve success with our most demanding children. We will learn the skills needed to transform your aggressive and defiant children into cooperative members of your home

Monday, December 17, 2018 Encouragement

Building Bonds: Guiding the Most Challenging Child

Most of us grew up hearing, "Do as I say, not as I do." Rewards and timeouts are the strategies we have resorted to with our own kids. Many of us are frustrated with the outcomes of our new methods but going back to the old method doesn't seem healthy either. Children are motivated to behavior through healthy relationships. These healthy relationships teach children to value each other, while rewards teach children to value material things.

Tuesday, January 29, 2019 Choices

Reclaim your Power: Choices Build Self Esteem and Willpower

When we honor children's free will, choices become a natural tool to use. Offering children two positive choices provides an empowering opportunity. Choices help children increase their attention span, develop decision making skills, follow through on tasks, improve their self-esteem, develop responsibility and feel empowered.

Tuesday, February 12, 2019 Positive Intent

From Chaos to Calm: Turning Resistance into Cooperation

Learn how to create a compassionate family culture that employs the natural power of connection between all members. Participants will learn to "meet children where they are," including specific strategies to reach out to challenging children in a way that builds trust and connection. Accepting the moment and empathizing with children doesn't change the limits we set on their behavior; it helps children become better able to accept the limits we set.

Tuesday, March 26, 2019 Empathy and Consequences

If I Could Only Find the Right Consequence: Secrets and Myths about Effective Consequences

Everyone has experienced the consequence of his or her actions. Many of us have made choices that were self-destructive. Some consequences we learn from and some consequences we ignore and repeat the behaviors over and over again. This presentation, using brain based information, helps us to understand how to create effective consequences that promote learning in students and avoids the repetition pitfalls that we so commonly see.

**Conscious Discipline® Parent Nights
2018-19**

SIGN UP EARLY TO RESERVE YOUR PLACE!

All sessions are from 6:00-7:30 p.m. with a light dinner served at 5:30 p.m.
Limited childcare available, with reservation.

Please check (✓) the sessions you will attend:

- | | |
|--|--|
| <input type="checkbox"/> October 23, 2018 | <input type="checkbox"/> January 29, 2019 |
| <input type="checkbox"/> November 13, 2018 | <input type="checkbox"/> February 12, 2019 |
| <input type="checkbox"/> December 17, 2018 | <input type="checkbox"/> March 26, 2019 |

Name (s): _____

Phone: _____

Email address: _____

(You will receive a reminder/confirmation call or email one week prior to the event)

Will you need childcare? Yes No

If yes, please list names and ages: Name Age

_____	_____
_____	_____
_____	_____
_____	_____

Will you be attending the dinner before the presentation? (5:30 p.m.) Yes No

If yes, please let us know if you or your children have any dietary restrictions. _____

Mail registration to:
United Way Success By 6
118 S. 5th Street
St. Joseph, MO 64501

Fax to 816-364-1131

Call Jay at (816) 364-2381

Or email jay.martin@stjosephunitedway.org