

Parent Education Series

School to Heart to Home – Conscious Discipline Parent Nights



Being a parent is a hard job!

At times, our emotions get in the way of our ability to access our own parenting brilliance. Wouldn't it be nice to respond to conflict with rational thinking and problem-solving? Join us as we learn to regulate our emotions and stop reacting out of impulse or tradition, so we can help our kids regulate their own emotions and reactions to every-day events and challenges.

Learn, connect, and explore with Conscious Discipline

This is the continuation of the series we started last year. We will provide a recap of the basics so anyone who wants to participate will be able to jump right in! Each session will be lead by Holt and 4J staff using the *School to Heart to Home* parenting education curriculum from Conscious Discipline.

Who should attend?

Anyone in a parenting role of K-5 kids.

Those feeling secure and connected will learn healthy ways to manage typical frustrations. Those struggling with chronic challenges will learn essential skills for stabilizing the family through safety and connection. We also focus on learning about our own adult self-awareness, reactions vs. responses, and self-care.

Where?

Holt Elementary

- Parents in the Library
- Students in the Cafeteria
- Zoom option available on request

More Information about Conscious Discipline?

<https://consciousdiscipline.com/about/parents/>

https://www.youtube.com/watch?v=8j3gF1dh_t4

When?

Tuesday, January 24, 5:45-7:15

Choices: Building Self-esteem and Willpower

Tuesday, February 28, 5:45-7:15

Empathy: Teaching Children to Manage Their Emotions

Thursday, March 23, 5:45-7:15

Positive Intent: Creating Teaching Moments

Tuesday, April 25, 5:45-7:15

Consequences: Helping Children Learn From Their Mistakes

What's Available?

Free Childcare!

Free Dinner!

Free Make-and-Takes to help at home!

Prize drawings!

How Do I Sign Up?

Space is limited - reserve your spot! RSVP to Jenny Potter

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