

# POSITIVE DISCIPLINE WORKSHOP AGES 0-4

IT'S NOT JUST A WORKSHOP, IT'S AN EXPERIENCE THAT WILL TRANSFORM YOUR PARENTING...AND YOUR LIFE!

IF YOUR CHILD:

- Does not listen, does not obey you or is very strong willed
- Gets frustrated very quickly, shouts, bites and/or kicks
- Cries when you discipline him or when you go to work every day
- Has temper tantrums
- Interrupts you all the time
- Doesn't like sharing

THIS WORKSHOP WILL SHOW YOU EFFECTIVE WAYS TO...

- Use non-violent discipline techniques that work
- Improve communication with your children
- Teach responsibility and other important values
- Handle problems as they come up
- Defuse power struggles with your children
- Stimulate independence as your child grows older
- Encourage your children to be the very best!

*"I would recommend this workshop to other parents. Not only do you learn tips and tips for helping you child & yourself, but you also get the reassurance that you are not alone on this journey. This workshop was especially meaningful during this pandemic where social interaction is so limited. It was great to have a space where you could safely interact with other parents who also have the same desires."*

**-Nichole, parent of 3 year old**



*Martha Portilla is the mother of three young adults. She was a Montessori teacher for 18 years, and is a Certified Positive Discipline Classroom Educator and Active Parenting Trainer. For the past five years she has been supporting parents through workshops and coaching sessions in person and/or via Skype. To access some valuable free parenting tips, you may visit her Facebook page: Mindful Parenting, LLC*

*"She (Martha) was fantastic! Everything I learned was from her, and she was excellent at answering specific questions. She was forthcoming with personal experience and excellent at encouraging personal problems, class ended up being the best source of learning for me."*

**-Ronald, parent of 4 year old**

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THIS IS A WORKSHOP FOR PARENTING CHILDREN AGES 0 TO 4. IT IS A VIDEO-BASED PROGRAM PERFECT FOR NEW PARENTS, WHICH ADDRESSES BASIC PARENTING SKILLS, INCLUDING NON-VIOLENT DISCIPLINE TECHNIQUES THAT REALLY WORK. THE WORKSHOP WILL BE PRESENTED IN TEN (10) 1-HOUR LIVE ONLINE SESSIONS TO BE HELD ON WEDNESDAYS, 5 – 6 PM. CLASSES BEGIN SEPTEMBER 1<sup>ST</sup> AND CONCLUDE NOVEMBER 10<sup>TH</sup>.

**9/1 Session I: Self-Work: How was your childhood? Thought Patterns; Self-Discipline**

**9/8 Session II: Self-Work: A Connected Relationship as Foundation to a Connected Family**

**9/22 Session III: The Purpose of Parenting; Ages and Stages of Development, Temperament, Parenting Styles**

**9/29 Session IV: The Method of Choice; Building the Bond (1); Self-Care (1)**

**10/6 Session V: Your Child's Brain; Problems are Good; Transitions; What is Discipline?**

**10/13 Session VI: How to Motivate Your Child and Prevent Misbehavior Through the Use of Two Good Rules; Building the Bond (2)**

**10/20 Session VII: Understanding Consequences; Tantrums**

**10/27 Session VIII: Loving Kindness; How to Encourage Your Child; Self-Care (2)**

**11/3 Session IX: Three Smart Things to Help Your Child Get Ready for School**

**11/10 Session X: Three Additional Smart Things You can Do; Building the Bond (3)**

***Fee per Participant: \$150\* Does not include materials***

Visit this link to purchase materials: **O-4 Workshop: First 5 Years: \$14.95 + S&H**

[HTTPS://ACTIVEPARENTING.COM/PRODUCT/ACTIVE-PARENTING-FIRST-FIVE-YEARS-PARENTS-GUIDE/](https://activeparenting.com/product/active-parenting-first-five-years-parents-guide/)

***It's recommended that participants place their workbooks order no later than August 20th to allow for shipping time.***

***\*Parents in Separate households must register individually***