

“GROWING FAMILY CONNECTIONS” *FREE* VIRTUAL PARENTING CLASSES

Families and Communities Together, Inc. and *It Takes a Village* Early Childhood Collaborative is offering Conscious Discipline© Curriculum for parents of children ages 0-5. Parents who attend all sessions and complete the course will be eligible for a *stipend cash card.*

PRE-REGISTRATION REQUIRED -- Contact: AMY STERK
Email: sterka@usd411.org Phone: (620) 947-1886
Enrollment Deadline: December 4th

SESSION 1

(open on YouTube January 16th)

Instructor: Lesli Beery

- *Composure—Methods to handle the fussing & fits*
- *Assertiveness—Setting limits respectfully*

SESSION 3

(open on YouTube January 30th)

Instructor: Amy Sterk

- *Empathy—Teaching children to manage their emotions*
- *Positive Intent—Creating teaching moments*

SESSION 2

(open on YouTube January 23th)

Instructor: Lesli Beery

- *Encouragement—Noticing, accepting, and connecting with children*
- *Choices—Building self-esteem and willpower*

SESSION 4

(open on YouTube February 6th)

Instructor: Amy Sterk

- *Consequences—Helping children learn from their mistakes*

CLASS WRAP-UP QUESTION-ANSWER ZOOM MEETINGS
Saturday, February 18th and 25th
10:00-11:00 A.M.
(Choose one to attend)

Funding for this class is provided by Kansas Children's Cabinet & Trust Fund and KDHE

