

“GROWING FAMILY CONNECTIONS”

FREE VIRTUAL PARENTING CLASSES

Families and Communities Together, Inc. (FACT) and *It Takes a Village* Early Childhood Collaborative (ITAV) 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 VISA Card***

PRE-REGISTRATION REQUIRED -- Contact: AMY STERK
Email: haveacowfamily@gmail.com Phone: (620) 947-1886
Enrollment Deadline: December 18th

SESSION 1 -- Instructor: Lesli Beery

(open on YouTube January 22nd)

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

SESSION 2 -- Instructor: Lesli Beery

(open on YouTube January 29th)

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

SESSION 3 -- Instructor: Amy Sterk

(open on YouTube February 5th)

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

SESSION 4 -- Instructor: Amy Sterk

(open on YouTube February 12th)

- ***Consequences***—Helping children learn from their mistakes



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

CLASS WRAP-UP QUESTION-ANSWER ZOOM MEETINGS

(Choose one to attend)

Thursday, February 22nd 6:30-7:30 P.M.
Saturday, February 24th 10:00-11:00 A.M.