



Health Promotion and  
Community Development



Six Week Group

## Positive Discipline for Early Years Children

A workshop for parents and caregivers with children ages 12 mths to 6 years

Topics include:

- Oct 2 Discipline Part 1 - Looking at the typical development of the toddler and preschooler (the good, the bad and the ugly)
- Oct 9 Discipline Part 2 - Discussing the difference between discipline and punishment. Learn different discipline strategies and recognize that there are no “quick-fixes”.
- Oct 16 Connecting with your child - Recognizing how a healthy connection and attachment with your child will help influence their development, feelings, behaviour and relationships.
- Oct 23 Healthy Family Dynamics and Parental Self Care Recognize the importance of how healthy family relationships play an important role in your child’s development. Parenting is challenging, let’s look at ways to help you look after you!!!!
- Oct 30 Exploring the Three Parenting Styles Are you a Brickwall, Jellyfish or a Backbone Family? How does your family history affect your parenting style? Learn more through discussions and activities.
- Nov 6 Resources, where to go for help. Learn about resources within your community.

Tuesday October 2nd until November 6 2018

**9:30am until 11:30am**

**Carea Community Health Centre**

115 Grassmere Ave, Oshawa

**Refreshments will be available. Please register with Louisa at 905-723-0036 x1224**



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Carea Community Health Centre staff is dedicated to creating an inclusive environment that welcomes diversity. Every One Matters! Every One is Welcome!

Accessibility: Carea Community Health Centre is committed to complying with all applicable standards as set out in the Accessibility for Ontarians with Disabilities Act, 2005 (AODA). If you have accessibility needs and require alternate formats or other accommodations please contact our Resource Development and Communications Manager at 905-723-0036 x 1229