

Conscious Discipline®
Fall Offerings at Parent Child U
Based on: **Becky Bailey, Ph.D.'s Brilliance &**
Presented by: **Tracey Kretzer, M.S., CCDI**
Register at: www.ParentChildU.com

Parent-Child Class or Classroom: *I Love You Rituals™*

Ages: Birth – 5 years (Parent-Child)

Sessions: 11 Sessions, 50 minutes

Instructor: Kretzer, M.S., Certified Conscious Discipline Instructor

Cost: \$198 plus a \$18 materials fee due the first class (scholarships available)

Class size: 6min/12max (with loving caregiver)

Dates/Time: Fri. 9:30-10:20 9/24-12/11 AND Sat. 9:30-10:20 9/25-12/12

Location: Saturday: Lubber Run Center, Arlington & Friday: Fairlington Community Center

Description: Children need our presence not our presents; come give them both! Current brain research proves that "Connections on the outside create connections on the inside!" Come truly *connect* with your child through playful, loving activities that will make neural connections that will improve your child's self-control, ability to connect with others, pay attention, and learn. Based on the award-winning book, *I Love You Rituals* by Becky Bailey, Ph.D. come learn, play, and have fUn! Class will include: American Sign Language, Spanish, songs, movement, finger-plays, instrument /parachute/ prop play, parent education, and so much more! You will be reliving this class for years to come! Please bring an \$18 check to the first class for the *I Love You Rituals* CD.

Parent/Teacher Class: *10 Principles of Positive Discipline™*

Ages: Adults

Description: Parents and grandparents come learn the revolutionary discipline techniques of Dr. Becky Bailey, Ph.D. Come gain a deeper understanding of how children develop in order to foster self-esteem (both yours and theirs) by looking for solutions instead of blame. Find out how to give effective commands so children are more likely to choose to do what you say and guide children away from tattling and into problem solving. Learn to recognize the two ways that children communicate to adults and the most effective responses that elicit cooperation and stop the "Do what I say, not what I Do" syndrome once and for all. These are just a few of the many new ways you will learn to deal in a positive way with young children! This class is facilitated by an experienced elementary school counselor, parent educator, and founder of www.ParentChildU.com.

Location: Teen Center of Falls Church Recreation Center

Activity # Date Time Fees

151015-A Tue: 10/12-11/9 6-8pm R: \$147 / NR: \$157

151015-B Tue: 11/16-12/14 6-8pm R: \$147 / NR: \$157

151015-C Sat: 10/16-11/13 2:30-4:30pm R: \$147 / NR: \$157

Schedule your fr*ee preview parent-child enrichment class and see why parents LOVE our classes or read on ...

Why parents LOVE our classes ...

Thank you so much... We really love your approach, your spirit and your kindness. We've described your class as one hour of TOTAL POSITIVITY - and everyone needs that in their life! We have taken other classes with the county and have found them overall to be very good - music, art, gymnastics - lots of fun and learning. There is however, one class, that my husband took my daughter to last week that was a disappointment. He came home, called me and said - we won't be going back there - it is the total opposite of Miss Tracey. I am not sure how one can be strict (must sit) with children who aren't even 2 or how that will encourage learning or exploration... but in a way I am glad we had that experience because it made us appreciate your work even more.

I look forward to the next "semester" and will sign my daughter up for probably 2 classes - one during the week and one on Saturday. Thank you for all the good work you do and for teaching and sharing love and support with others. What a great job you have!!

I Love You Rituals - Happy Mom of 22 month old

Miss Tracey, thanks for another wonderful experience you are a great model for me and so authentic I am really touched as a person and as a mother by the materials you present in your sessions. S adores you and especially gets a kick out of being the teacher's helper and I like that you encourage her to come and teach me; she does use the techniques on me more than I use them on her if I am flustered and losing my cool she will remind me to do the balloon or the pretzel her 2 favorite de-stress techniques....

I really am deeply touched by your grace at seeing the parents struggle and the child's struggle and your eloquence in modeling for us teaching examples with song dance toys a seeming chaos orchestrated to give us life like scenes from home, I am grateful I found you!

I Love You Rituals -Jennifer Fanning, Mom of 5 year-old Suzy



www.ParentChildU.com (888) 703-4PC Ü