

Parents, Grandparents, Teachers, Coaches & More...

*Please join us for an uplifting, inspiring
presentation on the*

10 Steps to Positive Discipline

*Based on the revolutionary discipline techniques of
Dr. Becky Bailey, Ph.D.*



Presented by:

**Tracey Kretzer, M.S., School Counselor & Parent Educator &
Founder of Parent Child University, LLC**

What is Positive Discipline?

Traditional discipline uses *fear* to make children be "good." Children fear punishment, loss of privileges, being sent to time-out, loss of adult approval, even fear of not earning a sticker or a "good job."

Whereas, positive discipline uses *love* and teaches children *how* to handle their emotions and *how* to behave.

Intrigued?

Find out more by hosting your own *Positive Discipline* class at your home, office, playgroup, or school or join us soon (dates on back).

For more information:

Visit www.ParentChildU.com or Call (571) 643-1002

How to Register for Positive Discipline at Falls Church Recreation 2010

Description: Parents, grandparents, teachers, coaches, anyone who works with children, 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 professional elementary school counselor, Certified Conscious Discipline Instructor, and the founder of www.ParentChildU.com. Class price includes 7 powers & skills keychain set and 45-page workbook. Educational certificates.

Instructor: Tracey Kretzer, M.S., LPSC, CCDI

Location: Teen Center Activity #151015-A Tue: 10/12-11/9 6-8 pm

Location: Community Rm Activity #151015-B Tue: 11/16-12/14 6-8 pm

Location: Senior Center Activity #151015-C Sat: 10/16-11/13 2:30-4:30

Fees: Falls Church Resident: \$147 & Non-Resident: \$157, includes textbook & flash cards

WALK-IN: At the Falls Church Community Center, 223 Little Falls St. We accept checks, cash (exact change only), credit cards, and debit cards. Once you have entered our computer system, there are no registration forms to fill out!

MAIL-IN: Mail-in registrations are processed the second day of registration. Complete the Household Registration Form (below); include payment by check or with a credit card and mail to: Falls Church Recreation & Parks, 223 Little Falls St., Falls Church, VA 22046

PHONE-IN: There will be no phone-in registration on the first day of resident (Aug. 23) and non-resident registration (Aug. 30). Phone-in registration will start on the second day of registration either Aug. 24 or August 31. To register by phone, please call 703-248-5077 and have your credit card ready.

Note: In-person registration takes priority over mail and phone-in. No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration.

ON-LINE: Online registration is here! Online registration can be found on the internet by going to <http://www.fallschurchva.gov> and clicking on the Falls Church Recreation and Parks Department Online Registration logo. Full payment is required at the time of registration and you must use a credit card (American Express, Discover, Master Card, or Visa).

First name: _____

Primary Household last name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone number: () _____ Work Phone number: () _____

E-mail address: _____

Emergency Contact and Phone number: _____

Special assistance is needed for one or more of individuals listed on registration. (Contact us at 703-248-5077)

Please explain: _____

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advise of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant signature: _____

Date: _____

(Signature of parent/guardian if under 18)

Payment method: Check Credit Card - circle: Visa, Master Card, American Express, Discover credit card number: _____

Exp date: _____

Please read class information carefully and make checks payable to City of Falls Church

Conscious Discipline® Programs

*Created by Becky Bailey, Ph.D.
and presented by Tracey Kretzer, M.S., CCDI
Certified Conscious Discipline Instructor*

- **NEW!** *Becoming Brain Smart*
- *Conscious Discipline®*
- *Ten Principles of Positive Discipline*
- *Preventing Power Struggles*
- *There's Got to Be a Better Way*
- *Creating Problem Solving Classroom*
- *Managing ADHD and Other Difficult Behaviors with Conscious Discipline*
- *Transforming Aggressive Behavior*
- *Brain Smart: What you can do to boost children's brain power*
- *Setting Limits Without Guilt, Building Bond*
- *Effective Consequences*
- *The Seven Basic Skills of Discipline*
- *Literacy and the School Family*
- *And MORE... specific topics to meet your school, business or parenting needs!*

For more information:

Visit

www.LovingGuidance.com

www.ParentChildU.com

Call (888) 703-4PCU