



Dive into Positive Discipline with a 6 Session Study Group

Based on the best-selling book series by Dr. Jane Nelsen and others, Positive Discipline Classes teach important social and life skills in a manner that is deeply respectful and encouraging for both children and adults. The 6 Session Study Group creates a fun way to connect with other parents and practice new skills and tools over time in a supportive environment.

The Positive Discipline Approach focuses on listening and solutions, not punishment or blame, and helps support families to combine kindness *and* firmness to encourage children in a mutually respectful environment, preparing children for a world where they can responsibly advocate for their needs.



The experiential format of the class helps adults get into the child's world, no matter how old that child is, to understand behavior so adults can respond more effectively. Additionally, the course work provides adults tools that when used, both help guide the child away from misbehavior and grow into an adult who is caring, capable, respectful and responsible. Join other parents interested in studying the Positive Discipline Approach over 6 sessions supporting one another in discovering solution-based parenting that can reduce power struggles and increase joy in parenting.

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
What Do You Want for Your Children? 2 Immediately Useful Tools Problem Solving Steps	What have you tried? Kind AND Firm Development and Temperament Positive Time Out	Belief Behind the Behavior Mistaken Goal Chart Birth Order and Sibling Rivalry Focusing on Solutions Through Family Meetings	Adults May Contribute to Mistaken Goal Behavior Your Childhood Decisions Natural and Logical Consequences, Routine Charts	Not so Perfect Parent and Asking Vs. Telling Connection Thermometer Connection Before Correction Encouragement Vs. Praise Wheel of Choice Back Talk	What is My Part Lifestyle Priorities Mistakes as Opportunities to Learn Empowering vs. Discouraging
Positive Discipline Chapters 1 & 2	Chapters 3 & 4	Chapters 5 & 6	Chapters 7 and 9	Chapters 10 and 11	Encouragement Community

The course is facilitated by SEL Chicago founder, Kristin Hovious, Certified Positive Discipline Trainer. Kristin found the work of Positive Discipline during her research for Chicago Public School options for her two elementary aged children, who remain both her best teachers and the encouragement for her continued learning. She trains educators, practitioners and parents for Chicago Public Schools, Chicago Park District, Illinois State University, Columbia College and other private individuals and institutions.

Participant Testimonials:

I have a whole bookshelf full of never-read parenting books. It's hard to find the time and mental energy to read them, much less to employ the practices described therein. By doing the Positive Discipline course, I have dedicated a block of time to learning the theory behind this approach and to practicing the techniques. - Erica S.

The classes create a real sense of community within the parent group, where there is no judgement about our parenting mistakes, just a recognition that we all have the best of intentions, and we all have struggles along the way. - Mary P.

I really value the opportunity to talk about the 'trial and error' of parenting with other parents, and to learn from the shared experiences of the group. - Marta H.