

A Parent Workshop Using Conscious Discipline Strategies

Understanding and Managing Behaviors at Home



Starting July 9, 2018

Rosedale Library

*A series of workshops that will assist parents with helping their
Preschool-Elementary children consciously manage their
thoughts and emotions.*

Topics addressed:

- **Introduction** to Conscious Discipline
- **Composure:** Being the person you want your children to become
- **Assertiveness:** Setting limits respectfully
- **Encouragement:** Noticing, accepting and connecting with children
- **Choices:** Building self-esteem and willpower

Registration required. Please contact Rai Cary at 443-809-4496 or email rcary@bcps.org.

Session will be held on Monday through Friday from 2:00 to 3:00 p.m. July 9 to July 13, 2018.

Location: Rosedale Library, 6105 Kenwood Ave., 21237

