



## Conscious Discipline Night

Learn about your child's developing brain, the skills of Conscious Discipline, and how you can use these tools for discipline in your home. We will focus on the two skills of **encouragement** and **choices** and how we can support our child's emotional state. We will have time to reflect on how these skills show up in our discipline at home and how we can use what we learn with our own children.

***These skills help our children know they are loved.***

**Encouragement:** How do I create a sense of safety and belonging for my child?

**Choices:** How can I help my child choose to behave in a positive way?

**When:** Thursday, April 11th

**Time:** 5:30-7:00 pm

**Cost:** Free! In partnership with HYPER

**Where:** Seward Community Library

**To Join over Zoom scan the QR Code or email (see below)**



\*Childcare is **not** available this time! Zoom is a great option for joining from home.



For more information or to sign up call Sprout at (907)235-6044 or email [classes@sproutalaska.org](mailto:classes@sproutalaska.org)

