

# STEPS TO UNDERSTANDING YOUR CHILD'S BEHAVIOR

## *Virtual Workshops*

**WORKSHOPS ARE DESIGNED TO ADDRESS SPECIFIC AREAS OF BEHAVIOR CONCERNS**

### **Workshop #1**

#### **Practicing Positive Discipline**

Discipline teaches children self-control and family values. Parents will learn how to foster both as children grow. Strategies include setting limits, using appropriate consequences, consistent routines, house rules, positive family communication, and allowing their child to have some control over their world.

**Workshop dates and times:**



### **Workshop #2**

#### **Creating Routines and Healthy Habits**

Children are learning what their body can do, and how to explore their world through their senses. This information will support parents in setting their child up for success in routines such as those related to eating, sleeping and toilet training. Consistency in routines is crucial in supporting a child's growth.

**Workshop dates and times:**

### **Workshop #3**

#### **Learning to Cope with Big Emotions**

Children experience many new and powerful emotions, and they are learning how to cope. Parents will learn how to help their child understand what they are feeling, how to talk with their child about their emotions and how to be a positive, emotionally regulated model.

**Workshop dates and times:**

### **Workshop #4**

#### **Building Healthy Relationships**

Children gradually learn that people have other thoughts, feelings and ideas. Parents will learn how to help their child through this process as they grow. Parents will also learn how to promote empathy and sympathy through various strategies including modeling and special jobs. They will also learn how to teach their child conflict resolution skills.

**Workshop dates and times:**

**To Register, please contact us at (858) 966-7510**



**Children's Care Connection (C3)**

