

# Parent Education Series

School to Heart to Home – Conscious Discipline Parent Nights



## Let's face it, being a parent is a hard job!

It has been even harder since the beginning of the pandemic. At times, our emotions get in the way of our ability to access our own parenting brilliance. Wouldn't it be nice to respond to conflict with rational thinking and problem-solving? Join us as we learn to regulate our emotions and stop reacting out of impulse or tradition, so we can help our kids regulate their emotions and reactions.

## Come learn, connect, and explore parenting with Conscious Discipline

This series, led by 4J staff, is based on the *School to Heart to Home* parenting education curriculum from Conscious Discipline.

**Tuesday, February 8 at 6:00p-7:00pm** - Brain States: A new way of understanding yourself and your children

**Tuesday, March 8 at 6:00-7:00pm** - Composure: Being the person you want your children to become

**Date TBA** - Assertiveness: Setting limits respectfully

**Date TBA** - Encouragement: Noticing, accepting and connecting with children

For more information about Conscious Discipline:

<https://consciousdiscipline.com/about/parents/>

[https://www.youtube.com/watch?v=8j3gF1dh\\_t4](https://www.youtube.com/watch?v=8j3gF1dh_t4)

RSVP here: [Registration Form](#)  
Or email Jenny Potter  
[potter\\_je@4j.lane.edu](mailto:potter_je@4j.lane.edu)  
Limited to 25 families!

**Who should attend? Anyone in a parenting role of K-5 kids.** Families that are already secure and connected will learn healthy ways to manage typical frustrations, and families struggling with chronic challenges will learn essential skills for stabilizing the family through safety and connection. We also focus on learning about our own self-awareness, reactions vs. responses, and self-care.

**Where? On Zoom** - We will send a link!

## Dinner! Make & take materials! Free!

Attendance in all four sessions is encouraged and appreciated.

Following each session, attendees will receive:

- a gift card to a local restaurant (to replace the meal we'd provide if able to meet in person)
- printed material related to content covered.
- a copy of [Easy to Love, Difficult to Discipline](#), a parenting book that covers much of the content we will discuss.