

Positive Discipline Parenting Class

"This class made me love being a parent again!"- parent participant

Parents, are you feeling challenged?

- ...by your kids' power struggles?
- ...by their whining or attitude?
- ...with bed time and morning routines?
- ...with sibling conflict?
- ...with chores not getting done?

Come learn some common sense parenting solutions at a five-session class based on *Positive Discipline*.

Positive Discipline is based on the work of Jane Nelsen and Lynn Lott. This experiential class is for parents who are looking for long-term parenting skills that will encourage their children to think for themselves, become more responsible and have a greater respect for themselves and others. The teachings of Positive Discipline are filled with respectful methods that focus on:

- kindness and firmness
- helping parents get to the core of their child's misbehavior
- bringing more joy into the home
- giving parents a sense of accomplishment

The next five-session class begins:

Monday, February 25th from 6:30-8:30pm
Admiral Congregational UCC (lower level)
4320 SW Hill St, Seattle, WA 98116

Karen Schrantz is a certified facilitator for [Sound Discipline](http://sounddiscipline.org) (sounddiscipline.org) who teaches parenting classes in Seattle and Bellevue. She has a master's degree in public administration from the Evan School of Public Affairs at the University of Washington. A former elementary and junior high school classroom teacher, she has worked as an education consultant, teacher trainer and parent educator for the past 14 years. Karen's classes are hands-on, high-energy and infused with humor. She lives in West Seattle with her husband and two school-aged children who turn out to be her very best teachers.

REGISTRATION: Single: \$150; Couple or two friends registering together: \$250. Scholarships available.

Teachers: One credit or 10 clock hours are available for a fee through Seattle Pacific University. For more information or to register, email Karen at kpschrantz@comcast.net.