

10 Steps to Positive Discipline

BASED ON THE WORK BY DR. BECKY BAILEY

PRESENTED BY KAREN HICKMAN, M.ED.
CERTIFIED CONSCIOUS DISCIPLINE® INSTRUCTOR



There will be 5 class sessions; held the following Mondays at Woodcrest (2201 West Nifong) in the Underground from 6-30-8:30 p.m.:
Oct. 19 & 26; Nov. 2, 9, & 16
Sessions designed for parents/teachers of children ages 0-12 years.

- ✓ Empower victims
- ✓ Reduce power struggles
- ✓ Stop bribing & policing children
- ✓ Communicate effectively so kids listen
- ✓ Understand and respond to a child's true needs
- ✓ Teach problem-solving skills that seek solutions, not blame
- ✓ Discern the difference between disrespect & typical childhood behavior
- ✓ Instill empathy so children are respectful and responsible
- ✓ Communicate with children so they will listen and respond
- ✓ Create homes and schools where children choose to be helpful
- ✓ Learn conflict resolution skills that help solve any problem you encounter
- ✓ Transform bullies
- ✓ Increase compliance
- ✓ Reduce sibling rivalry
- ✓ Learn to be Brain Smart®

Minimum of 30 registrants required; payment will be returned if the minimum is not met; there are no other refunds.

Registration costs \$50/person (\$10/session).

Full payment is due by Wednesday, October 14th.

Please complete the following information to register, detach form, and mail with your full payment to:

Karen Hickman, 3305 Appalachian Dr., Columbia, MO 65203

Email any questions to Karen at HickmanTL@mchsi.com.

A registration confirmation and parking directions will be sent via email.

Name _____
Street Address _____
City _____ State _____ Zip _____
Home Phone Number _____
Email _____ Ages of children _____

Remember to
enclose full payment.
Make checks
payable to
Karen Hickman

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