



Discipline without Distress: Ten Essential tools for the New Millennium

We are living in an exciting new digital world. Parents and caregivers need new tools!

In this presentation, we will explore modern issues and concerns regarding discipline and parenting, and examine typical age-appropriate behaviours. We will distinguish between discipline and punishment. Respectful age-appropriate tools will be presented and (if time allows) participants will be given an opportunity to practice skills. Course outline is based on Health Canada, Growing Miracles, and Invest in Kids Recommendations.

Presentation Objectives

Participants will explore how parenting has changed in the past 30 years.

Participants will distinguish between discipline and punishment.

Participants will learn effective ways to handle anger in the moment and how to separate their anger from their discipline.

Parents will discover age-appropriate developmental tasks.

Participants will learn age-appropriate, non-punitive, respectful tools to handle most discipline situations (without time-out, spanking, logical consequences, punishment, or bribery)

Target Audience

The age-appropriate tools are geared to parents/caregivers of:

- Toddlers and Preschoolers
- School-Aged Children
- Teenagers

This presentation could be specifically targeted to parents and caregivers in each age group such as Discipline Without Distress for Toddlers and Preschoolers, or Discipline Without Distress for School Aged Children, etc

Presented by:

**Judy Arnall, BA, International award winning Speaker and best-selling Author of
“Discipline without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery.”**

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