



## Discipline Without Distress: (Positive Discipline for all ages)

**Are you pulling your hair out way too often?  
Time-outs, grounding, and spanking not working?  
Craving kids who will 'listen'?  
Want more peace and harmony in your family?  
Relationships going well but need some fine-tuning?**

Give your child the best in parenting! In this presentation, participants will learn:

- 1 Current issues and research about discipline in the 21<sup>st</sup> century: the concept of mutual respect, how children's feelings drive behavior, inner conscience versus outer control, and more.
- 2 To understand typical age-appropriate behaviors.
- 3 To distinguish the difference between discipline and punishment and why discipline is preferable.
- 4 Examine some possible reasons why children misbehave.
- 5 Identify and practice some positive, mutually respectful, non-punitive discipline tools for specific age groups recommended by Health Canada and Canadian Pediatric Society.

Judy Arnall teaches parenting at The University of Calgary, Continuing Education, Chinook Learning, and Alberta Health Services. Judy is the author of the Canadian bestseller, *Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery* and the newly released DVD, *Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love* and the new parenting "un-advice" book, *The Last Word on Parenting Advice*. She is the mother of 3 adult children and 2 teens.

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