



You're Invited!



A Solution for (Almost) Every Struggle: Parenting Outside the B.O.C.S

March 4th 7-8:30pm

*****Space is limited*****

Register at: <https://heartfulparentacademy.mykajabi.com/northshore>



“Live” Workshop: Parent Coach® Christy Keating, J.D. will explore a new framework for addressing (almost) any conflict or challenge that arises with children, whether they are toddlers, teens, or in-betweens, and **helps parents when that “I don’t know what to do or say” feeling happens.** Christy will touch on:

- How our brains hijack our best intentions while parenting;
- How to respond rather than react;
- What our children’s challenging behaviors may actually be telling us and how to decode the messages;
- Why time-outs, rewards, punishments, and bribes don’t work and what to do instead;
- How to problem-solve with our children; and
- How to ensure our solutions help our families THRIVE.

Drawing on principles of positive discipline, research and writings by Dr. Daniel Siegel, Jane Nelsen, Lynn Lott, Rudolph Dreikurs, and her own experience as both a parent and parent coach, Christy teaches parents a new framework for interacting with their children and solving problems. **Attendees will walk away with clear strategies they can use to parent in a way builds love, joy, connection, along with important social emotional skills.**

Questions? president@cottagelakepta.org

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