



Press Release

Building Positive Relationships the Positive Discipline Way Tri-Lingual Class

Positive Discipline is offering a tri-lingual (English, Spanish, and Portuguese) class to help parents, caregivers, and teachers build positive connections with children using kindness, firmness, dignity and respect. The focus is on solutions to problems instead of punishment, which results in blame, shame, and pain.

The class will be held Thursday, April 30, from 5:15-6:45 PM at Danbury Public School Readiness, 17 Cottage Street, Danbury. This class is free for parents and staff of the Danbury Public School Readiness program, and will offer alternative tools and strategies to be used to build positive relationships and effective communication with children.

Participants in this class will learn experientially, with hands-on activities and role-playing. The goals of the activities include:

- Understanding the impact of physically and verbally punishing children
- Gaining cooperation through mutual respect and collaborative efforts, rather than wielding power over the child
- Understanding what happens in the brain when we get upset, and learning how to calm ourselves down
- Helping parents and teachers understand the long-term effects of punishment, scolding, or any form of humiliation of a child
- Helping parents and teachers become aware of the long-range consequences of different discipline methods
- Learning respectful skills that are more effective than punishment

This program is funded by the Center for Effective Discipline, a program of the Gunderson National Child Protection Training Center, through a grant to stop spanking, and help parents and others have positive discipline solutions.

To read more about Positive Discipline of Connecticut, go to www.positivedisciplinect.org.

Questions? Contact Carol Does, Positive Discipline of CT, 203-794-6106

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