

# Discipline is **NOT** a Dirty Word

## A Virtual Series

Please join us for a 4-week, virtual program to support parents and caregivers with tools and resources for raising children.

### WHEN: THURSDAYS

**OCTOBER 2, 16, 30, NOVEMBER 13\***

\* Please note that classes are every other week.

TIME: 7:00 - 9:00 P.M.



### WHAT WILL YOU LEARN?

#### Understanding Your Child

Child and brain development, temperament, and why kids misbehave.

#### Understanding Yourself Better

Parenting styles, co-regulation, resilience, and self-care.

#### Communication Strategies

Active and reflective listening, I Statements, and empathy.



#### Tools to Support Gentle Parenting

Five practical tips and ways to enhance your relationship with your child.

\$40 per family of 2, \$0 solidarity price  
(for those that cannot pay at this time).

Scan the QR code to register or  
[click here](#)  
<https://bit.ly/4mlhbcT>



**Cornell Cooperative Extension**  
Orange County

[cceeorangecounty.org](http://cceeorangecounty.org)

**Cornell Cooperative Extension**  
Sullivan County

[sullivanccc.org](http://sullivanccc.org)



**Family & Consumer Sciences**

Cornell Cooperative Extension Orange County provides equal employment and program opportunities.