

# PARENTING

**WITH POSITIVE DISCIPLINE**

# TOOLS

THURSDAYS | FEBRUARY 27 THROUGH APRIL 2

7:00 PM-9:00 PM @ Intown Pediatrics Behavioral Health

Learn strategies to connect with your child; take care of yourself;  
be kind and firm at the same time.

Practice tools to tackle everyday conflicts.

Discover strategies to teach life-long skills for good character without  
punishment, bribes and rewards.

## ABOUT THE CLASS

This is a parenting support class using the principles of Positive Discipline and fun, experiential activities (i.e. **no lectures**). Parents will have an opportunity to explore solutions to specific challenges they are experiencing at home while discovering new ways to connect with and understand their children. We strongly encourage both parents (if applicable) to take the class together. *Positive Discipline brings more joy to parenting!* **While the tools we learn will benefit parents of children of all ages, we will be focusing this class on families with children ages 2-6.**

## ABOUT THE FACILITATORS

Deneta Sells is the founder and President of Intown Pediatrics. She is a Certified Positive Discipline Parent Educator, a former foster parent, and the mother of a daughter born in 2019. Allie Horne is a Certified Pediatric Nurse Practitioner with Intown Pediatrics. She is also a Certified Positive Discipline Parent Educator and the mother of two daughters, ages 2 and 5.

Fee: \$349 per couple (\$299 with early bird discount, register by February 15)

[Register](#) OR EMAIL [CLASSES@INTOWNPEDIATRICS.COM](mailto:CLASSES@INTOWNPEDIATRICS.COM)