

# Building Connected Families

*Positive Discipline Workshop*



## Information Booklet

- Online
- In-Person
- Private Workshops



# Positive Discipline Workshop

Positive Discipline training is lacking in many childcare courses and qualifications, and for parents in general. For nannies/aupairs and parents to be on the same page with effective discipline of children in the family, this workshop is not only highly recommend, but life-changing to break generational cycles of punishments and reward systems and to empower parents, caregivers and children!

You will learn why punishments and rewards don't work, to see things from the child's perspective, empower not only the child, but yourself in your parenting journey or profession, how to foster emotional intelligence, what triggers you, understanding and decoding a child's behaviour, how to handle sibling rivalry, implementing routine charts, and what to do when we make mistakes. What a beautiful gift to give and invest in your family and profession!





# Positive Discipline Workshop

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## 6 WEEK WORKSHOP

*Ideal for parents / professionals & caregivers of children all ages*

### Included:

- Participation Certificate
- Additional Resources
- Online Membership with lots of additional Parenting & Positive Discipline Resources and continued community support
- Discounts on future products / services / events etc.

**To book your spot, or for any queries, please email [info@casfamilies.co.za](mailto:info@casfamilies.co.za), or contact +27 82 920 8245**

[www.casfamilies.co.za](http://www.casfamilies.co.za)





# Positive Discipline Workshop

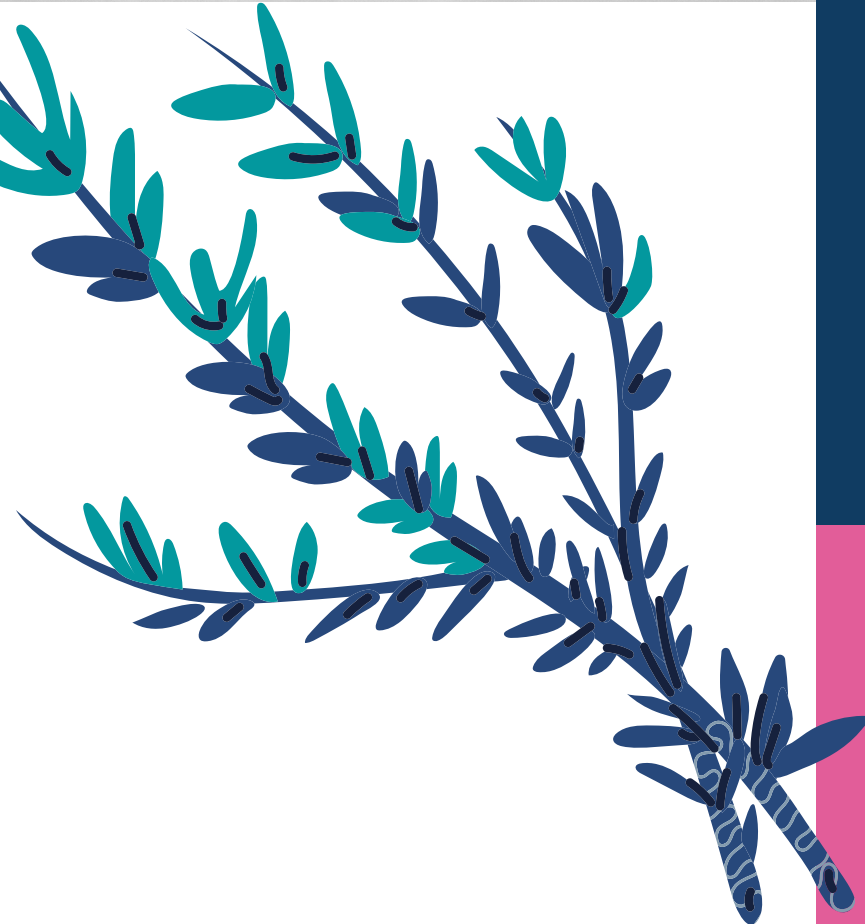
## TOPICS COVERED IN 6 WEEKS:

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- WEEK 1: How To Foster a Cooperative Relationship with Your Child (ie. Your child "doesn't listen")
- WEEK 2: How To Discipline Your Child, Implement A Calming Space, and Foster EQ.
- WEEK 3: Decoding Your Child's Behaviour (ie. Your child "misbehaves" and you don't know how to handle those situations)
- WEEK 4: Sibling Rivalry / Fighting at playdates (ie. Children are arguing and fighting)
- WEEK 5: Handling Power Struggles and Other Parenting/Caregiving Solutions and Tools
- WEEK 6: Connecting with and encouraging your child so that you become an empowered parent AND raise an empowered child

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# Positive Discipline Workshop

WEEK 1: HOW TO FOSTER A COOPERATIVE RELATIONSHIP WITH YOUR CHILD

- What Do You Want For Your Children?
- Current Challenges
- Characteristics and Life Skills Your Children Can Develop
- When Your Child Just Doesn't Listen
- Your Child's Perspective
- Through What Lens Are You Looking?
- Your Triggers
- Gaining Cooperation
- Effective Positive Discipline Tools



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**WEEK 2: HOW TO DISCIPLINE YOUR CHILD, IMPLEMENT A CALMING SPACE, AND FOSTER EQ.**



- Traditional Discipline Methods and Why They Don't Work
- Alternative Positive Discipline Methods That Do Work
- Removing Punishment and Reward Systems
- Understanding Your Child's Brain Development
- How To Be Firm AND Kind
- Why Children Don't Listen When You Say "Don't" or "No!"
- Why Time-Outs Don't Work and What Does
- Effective Positive Discipline Tools



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## WEEK 3: DECODING YOUR CHILD'S BEHAVIOUR

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- Limiting Beliefs Behind Behaviour
- Clues To Your Child's Unmet Needs
- How To Use Natural Consequences For Behaviour Rather Than Punishments and How Children Learn Through These Experiences
- Helping Children Problem Solve



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**WEEK 4: SIBLING RIVALRY / FIGHTING AT PLAYDATES**

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- **Introducing a New Sibling**
- **How Birth Order Affects A Child's Behaviour**
- **3 Easy Ways To Handle Sibling Rivalry**
- **Coaching Kids Through Conflict**
- **Solving Problems Through Family Meetings and How To Hold One Effectively**
- **How To Implement Routine Charts and Why Doing Away With Reward Charts Encourages Motivation And Family Culture**



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# Positive Discipline Workshop

**WEEK 5: HANDLING POWER STRUGGLES AND OTHER PARENTING/CAREGIVING SOLUTIONS AND TOOLS**

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- How To Handle Power Struggles
- How To Model The Behaviour Effectively That You Wish To See In Your Child
- Is Your Message Of Love Getting Through To Your Child?
- Reasons Why Parenting Tools Won't And Don't Work And How To Overcome That
- The Difference Between Praise And Encouragement, And How To Encourage Your Child Effectively
- Building The Closeness and Trust With Your Child For A Mutually Respectful Relationship
- How To Handle Back-Chat

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# Positive Discipline Workshop

## WEEK 6: BECOMING AN EMPOWERED PARENT AND RAISING AN EMPOWERED CHILD

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- What Is Your Part As A Parent
- Why You're Struggling With Guilt And What To Do About It
- What Happens When You Make A Mistake?
- Empowering Statements To Empower Your Child
- How Your Challenges Can Contribute To Building Life-Long Skills And Characteristics In Your Child



*Ask CAS Families for the information booklet for the full 6-week workshop*

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## OTHER OPTIONS:

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- **Home Workshop / Host a Parent Party**

By appointment in the comfort of your own home.

**Cost:** R7500 per family / POA

- **Private In-Person Workshop**

By appointment at the CAS Families premises in West Beach, Cape Town.

**Cost:**

R3500 per person /  
R6000 per couple /  
R6500 per family



**Cost:**

R2500.00 per person /  
R4000.00 per couple /  
R5000.00 per family  
(ie. parents and nanny/au pair)

**OR**

**R495.00pp per workshop** (choose the Topics which apply to your family's challenges)

**MEMBERS RECEIVE 20% DISCOUNT!**

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# Look Forward To Seeing You There!

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