

**Feeling challenged by your child's whining, power struggles, morning or bedtime routines, attitude, on-going sibling conflicts or something else???**

Join us for a one night introductory class to Positive Discipline. **"Parenting from the Heart; How to Discipline with Kindness and Firmness"** will help you find **common sense, mutually respectful solutions to your daily parenting challenges**. This class is for parents who are looking for **long-term parenting skills** that will encourage their children to think for themselves, become more **responsible** and have a greater respect for themselves and others. The teachings are filled with **non-punitive, respectful methods** that will incorporate kindness and firmness into parenting, help parents get to the core of their child's misbehavior, **bring more joy** into the home and give parents a sense of accomplishment.

**Thursday, February 25<sup>th</sup>  
6:30-8:00 pm  
Lakeview Elementary.**

Taught by Melanie Miller, M.Ed., Certified Positive Discipline Associate, LWSD Grade School Counselor and author of the Parenting articles that you find in our PTSA Bobcat Newsletter. Questions, contact Melanie at [Melanie\\_miller@verizon.net](mailto:Melanie_miller@verizon.net) or 206.579.2172.