

 **Conscious Discipline**[®]

NO-COST training for home childcare providers and FFN caregivers in Weld County

Who: Home childcare providers and FFN caregivers

When: Monday, November 14th from 6:30pm-7:30pm and Monday, November 28th 6:30pm-7:30pm

Where: Virtual via Zoom

In this training, we will learn to consciously manage our own thoughts and emotions so we can help children learn to do the same.

Participants will learn how to redefine discipline by:

- Fostering a compassionate culture
- Increasing levels of self-regulation
- Promoting a sense of safety
- Building connection and empathy
- Encouraging intrinsic motivation and problem-solving

Conscious Discipline is brain-friendly and evidence-based practice that empowers us to be conscious of the brain-body states in ourselves and children.

It then provides us with the practical skills we need to manage our thoughts, feelings, and actions.

To register, please email your name and phone number to Maria.Ortiz@NorthRange.org

A link will be sent after registration is complete.

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