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| 課程名稱：**正向教養 – 溫和表達 + 堅定管教**  專為華人移民家庭提供的家長學習成長課程課程日期：每月一期，每週五中午12:00 – 下午1:30 上課課程費用：一期四堂課，個人價 $100.00、父母共學價 $150.00課程地點：爾灣 （405公路與機場旁）2101 Business Center Drive, Suite 150, Irvine, CA 91612主辦機構：OMID多元文化身心發展學會主辦講師：丁彩齡 MS, AMFT # 98242 心理諮詢碩士 美國正向教養協會註冊家長講師 婚姻與家庭實習心理諮詢師  |
| 報名條件：家有學齡孩子 (六到十八歲) ，願意學習與分享的用心父母報名方式：提供報名資料，電郵至 TFraher@Omidinstitute.org 或發短信到 (949) 988-0259 報名資料： 1. 學員姓名 / 聯絡電話郵箱 / 報名參加的課程月份 2. 孩子年齡 / 性別 / 就讀年級  3. 對課程具體期望（三項）報名流程： 1. 發送郵件或短信報名  2. 如有名額，您會收到付費通知 3. 如當期名額已滿，我們會依據報名次序，將您放在候補名單或安派下一期上課 |

正向教養 (Positive Discipline) 的核心理念（三項）﷽﷽﷽﷽﷽﷽﷽﷽﷽﷽﷽﷽﷽﷽﷽﷽﷽﷽CA 92612 e North Korea in order to deesclate crisis?是什麼？



* 不懲罰、不驕縱
* 溫柔和堅定並行
* 先連接, 再糾正
* 感覺好做得好
* 錯誤是最好的學習機會
* 每個人都不一樣
* 贏得孩子而不是贏了孩子
* 每天進步一點點



 正向教養家長課程學什麼？

 ✔ 學習如何幫助孩子自我管理

 ✔ 學習如何懂孩子

 ✔ 學習如何面對情緒

 ✔ 體驗式互動學習

 ✔ 接納不完美的勇氣

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| Class Title: **Positive Discipline : Wise Parents, Motivated Kids!**  Parenting Class tailored for Mandarin-speaking immigrant familiesClass Time: Monthly sessions, every Friday 12:00noon – 1:30pmClass Cost: Four meetings each month. $100 for individual, $150 for couple. Location: 2101 Business Center Drive, Suite 150, Irvine, CA 92612 OMID Multicultural Institute for DevelopmentInstructor: Tsai-ling Fraher, MS, Associate Marriage and Family Therapist, AMFT# 98242  Certified Positive Disciplined Parent Teacher  |
| * Who should enroll?

 Mandarin-speaking parents with school-aged children who would like to learn new  and effective ways of communicating and disciplining their children. * How to enroll?

 Provide following information to TFraher@Omidinstitute.org via e-mail  or text/call (949) 988-0259* What information is needed for enrollment?

 1. Name of participant/contact phone and e-mail/month interested in attending  2. Child’s age/gender/grade  3. Specific learning expectations for the class (provide 3)* What is the enrollment process?

 1. Provide information via e-mail or text.  2. Participants will be notified via e-mail or text regarding which sessions they are  enrolled in and how to make a payment to reserve their spots.  |



What are the core beliefs of Positive Discipline?

* Not punishing, not spoiling
* Kind and firm
* Connect before correct
* Good feelings lead to good behaviors
* Mistakes are the best chance for learning
* Each person is unique
* Create win-win situation with children
* Take notice of small progress everyday



 What do I learn at Positive Discipline classes?

 ✔ Learn how to teach my child self-discipline

 ✔ Learn how to understand my child

 ✔ Learn how to work with emotions

 ✔ Experiential and interactive learning

 ✔ Learn the courage to accept imperfections