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Multicultural Institute for Development

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





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- ✚ 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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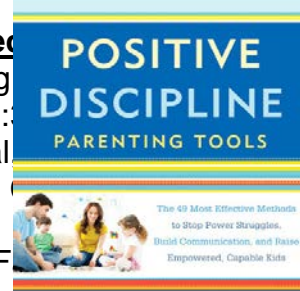
Class Title: **Positive Discipline : Wise Parents, Motivated**
Parenting Class tailored for Mandarin-speaking

Class Time: Monthly sessions, every Friday 12:00noon – 1:

Class Cost: Four meetings each month. \$100 for individual

Location: 2101 Business Center Drive, Suite 150, Irvine,
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Instructor: Tsai-ling Fraher, MS, Associate Marriage and F
Certified Positive Disciplined Parent Teacher



T# 98242

✚ 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



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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