

GOOD INSIDE

Parent Learning Opportunities

What?

- Effective strategies for responding to behaviors in kids ages 1-12
- Based on holding strong boundaries while building/maintaining relationships.
- Teachers will lead "Good Inside" topics, sharing Dr. Becky's (author of the best-selling book, "Good Inside") workshop videos, language, & strategies.
- The sessions are flexible (you don't have to come to both), no RSVP is needed, & they are open to everyone.
- After the spring sessions, we plan to offer monthly sessions starting in the fall!

When?

TUESDAY, APRIL 9

Topic: What is Good Inside?

- 6-7 pm at Madison Elementary
- Free childcare
- Free snacks
- Opportunities to win/receive a free "Good Inside" book!

TUESDAY, MAY 7

Topic: Breakout Sessions (see below)

- 6-7 pm at Madison Elementary
- Breakout topics:
 - Screen time battles
 - Deeply feeling kids
 - Listening Refusal & Power Struggles
 - Working through whining, tantrums, & defiance
 - Sibling Dynamics
- Free childcare
- Free snacks

Why?

- We have good kids, but even good kids have hard times.
- Together we can strengthen our efforts to equip & empower our children with the necessary skills & confidence to navigate through the ups & downs of life.

Contact annie.foskett@pellaschools.org if you have questions

