

Q & A for Parents and Caregivers
Positive Discipline in Everyday Parenting

1. **What is Positive Discipline in Everyday Parenting?**
   It's a fun and supportive program for parents and others who care for children. They meet in small groups for two hours each week, over nine weeks, in a community agency that serves families.

2. **What will I learn?**
   You'll learn an approach to solving conflict without yelling, hitting or punishing. This approach will strengthen your relationship, improve your communication and reduce conflict in your family. You'll also learn a lot about how children develop, from birth to adolescence, to help you understand and respond to many everyday conflicts.

3. **What will I experience?**
   The program is led by two certified Program Facilitators. They will give you a lot of information, but there also are many hands-on activities and small-group discussions to support your learning. Each session will build on what you learned in the previous session.

4. **Who can take this program?**
   We strongly believe that all parents and caregivers need support, so all are welcome. Those who participate have children of all ages, from babies to teenagers.

5. **What will I need?**
   You'll be provided with all the materials you will need. The atmosphere is casual and relaxed.

6. **Where can I take the program?**
   You can send an email to Ask@pdel.org to find out if the program is being offered in your area.

For more information, visit www.pdel.org

Positive Discipline in Everyday Life