

In Raymond

Winter/Spring 2010

# *Discipline Series*

*Take the stress out of parenting,  
and enjoy your kids!*



**Jan. 13—Feb. 17**

## **Discipline that Works**

- Why is my child misbehaving?
- Making yourself clear
- Emphasizing the positive
- Helpful vs. hurtful discipline
- Consequences that teach
- Create your own discipline plan

**March 10- 24**

**1- 2- 3 Magic:** Stop the arguing, testing and fighting. For parents of children ages 2- 12

**March 31- April 14**

**Solve It:** Strategies for bedtime, mealtime, homework and chores

**Date:** Wednesdays, Jan. 13—April 14 (except 2/24)

**Time:** 6-7:30 p.m.

**Place:** Community Building, Raymond Baptist Church, 145 Route 27, Raymond

**Cost:** Free! Pizza and drinks included!

**Childcare:** Free for ages 12 and under;  
advance signup required

**More info:** [www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org)

**Advance signup required!** Call 603-422-8208 x2

*Presented by:*

## **Families First**

*support for families...health care for all*

*In  
collaboration  
with:*



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