



Parent/Guardian Talk Series **Positive Parenting 101**

Discipline and creating wanted behaviors in children of any age can sometimes be difficult and awkward for parents. Learn concepts and techniques to deescalate a tense interaction, from toddler to teen, to teach lessons and develop strong coping tools. Led by positive parenting experts and mental health clinicians, Brett A. Biller, PsyD and Steven Kairys, M.D., from Hackensack Meridian Children's Health.

Key Takeaways

- Learn effective communication tips, nurturing non-physical discipline methods, and self-care practices
- Understand the principles of a No Hit Home, and safe ways to create wanted behaviors
- Prepare ways to respond to unwanted behaviors, and understand better what they could mean

SCAN TO REGISTER



**THE WEBINAR WILL LAST APPROXIMATELY
45 MINUTES**

**Thursday, September 28, 2023
At 12pm**

**REGISTER BY SCANNING THE QR CODE
OR CALL **800-560-9990****

**PARTICIPANTS ARE ENCOURAGED TO SUBMIT QUESTIONS
FOR THE DISCUSSION. QUESTIONS SUBMITTED WILL BE
PRESENTED ANONYMOUSLY.**

KEEP GETTING BETTER



Hackensack Meridian
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