

# PARENTING FROM THE HEART

Thursday, April 29, 2010 6:30-8:30 PM

**POSITIVE DISCIPLINE ASSOCIATION**  
DEVELOPING RESPECTFUL RELATIONSHIPS

Whining?  
Power Struggles?  
Bedtime Hassles?  
Homework frustrations?  
Fighting?  
Disrespect?

Come join us for an introduction to effective solutions

**\$10, scholarships available**

**Free childcare**

**Call (831) 423-2293 to  
reserve a space**

Watsonville Community Hospital  
75 Nielson St, Senior Circle Room  
Watsonville, CA

Participants will...

- Build **connections** to share your **values**
- Discipline with **kindness** and **firmness** at the same time
- Help children become **responsible problem solvers**
- Reduce **power struggles**
- Build a home of **mutual respect** and **cooperation**
- Be **effective** and **enjoy** being a parent



**Presenter: Jody McVittie, MD.** Jody is a family physician, a coach, and a Lead Trainer for the Positive Discipline Association. She has trained parent educators, taught parenting and led workshops for schools for 15 years. Her published research into 'authoritative' parenting is gaining national attention and she brings a holistic approach to working with families and schools offering simple tools for big changes. Her knowledge, sense of humor and compassion will help you bring more joy to your relationships.