

## Positive Discipline Workshops for Childcare and Early Childhood Settings

offered by Positive Discipline Solutions Inc.  
[www.positivediscipline.ca](http://www.positivediscipline.ca)

(Note: Other than the Positive Discipline Core Workshop, Level 1 workshops are suitable for childcare and other early childhood professionals whether they have attended a previous Positive Discipline workshop or not.)

### **Positive Discipline for Childcare Professionals and Early Childhood Educators** **"Creating an Environment in which Children Thrive, Learn & Cooperate** **(Level 1 Core Workshop)**

**Length:** 5 to 5 ½ hrs.

**Description:**

This workshop gives a comprehensive overview of Positive Discipline, the "Building Blocks" of Positive Discipline and introduces the Positive ChildCare Model which focuses on how to support the development of self-regulation and other social emotional skills through pro-action and Positive Discipline.

Participants can expect to learn:

- What constitutes effective and positive discipline
- How to create an encouraging and nurturing environment that reduces behaviour challenges while supporting children's social emotional development
- Why helping children develop self-regulation is so important and how to support self-regulation in the childcare setting
- The importance of connection and attachment in the child care setting
- How to communicate in ways that invite cooperation from children
- Ways to empower children to use their power in constructive ways
- Specific tools and methods to deal with common behaviour concerns in non-punitive, positive ways
- And more!

This is a popular workshop for professional development in childcare settings and can be booked for Saturdays (8:30 a.m. to 2:30 p.m.), Sundays (12:00 noon to 5:30 p.m.) or on weekdays for those who close centres for professional development.

*This workshop is offered in various cities throughout the year and can also be booked as an "in house" workshop for Professional Development Days.*

## Introduction to Positive Discipline in ChildCare Settings

(Level One Workshop)

**Length:** 2  $\frac{1}{2}$  to 3 hrs.

### **Description:**

This workshop gives a brief overview of Positive Discipline and focuses on:

- How to communicate with children in ways that win co-operation
- How to empower children in positive ways
- Several ways to help children self-regulate in the childcare setting

*Available as an evening workshop or in combination with one of the other 2  $\frac{1}{2}$  to 3 hr. workshops for a full professional development day.*

## "Children Do Better When they Feel Better":

### Factors Affecting Children's Behaviour

(Level One or Two Workshop)

**Length:** 5 to 5  $\frac{1}{2}$  hrs.

**Description:** *So why do children misbehave?* Many people are surprised to learn that a child's negative behaviour is generally not willful misbehavior! All behaviour has a cause or purpose behind it and there is a significant difference between behaviour being "on purpose" and "having purpose". When we get to the root of the behaviour, we can understand what a child needs in order to "do better".

In this workshop participants can expect to learn:

- **over 10 different reasons children behave the way they do** (including Individual Temperament, Gender, Stress and Discouragement)
- how to respond to these behaviours with Positive Discipline
- **how to create success for particularly "difficult children"**
- how to set up the environment so that **all** children can "thrive, learn and co-operate"
- A team approach "formula" that caregivers and teachers can implement to find Positive Discipline solutions to specific behaviour challenges that they encounter

This is a great workshop for professional development whether staff have attended a previous Positive Discipline workshop or not. For staff who have attended a Positive Discipline workshop, this provides an excellent opportunity to deepen and expand their understanding of Positive Discipline.

*This workshop is offered in various cities in Alberta and B.C. throughout the year and can also be booked as an "in house" workshop for Professional Development Days as follows:*

Saturdays (8:30 a.m. to 2:30 p.m.), Sundays (12:00 noon to 5:30 p.m.), weekdays for those who close centres for professional development OR contact me to tailor it to your schedule or needs.

## Helping Children Self Regulate with Positive Discipline

(Level One or Two Workshop)

**Length:** 2 ½ to 3 hrs.

### **Description:**

A child's behaviour is often directly related to their ability to self regulate. But at what age or stage should we be expecting children to self regulate? And what are ways we can help children develop self-regulatory skills in the childcare setting? This workshop will provide answers to those questions as well provide Positive Discipline tools that caregivers and early childhood teachers can use to support other areas of children's social emotional development.

Participants can expect to learn

- A brief overview of the "Positive Discipline" philosophy. (A review for those who may have attended a previous Positive Discipline workshop.)
- Positive Discipline Methods that support children's development of self-regulation
- Evidence based modifications and additions that can be made to the childcare environment that help children self-regulate

*Available as an evening workshop or in combination with one of the other  
2 ½ to 3 hr. workshops for a full professional development day.*

*(Great combined with "Introduction to Positive Discipline in the Childcare Setting")*

## Is it You? Or is it Me?

### Applying Temperament in Childcare Settings

(Level One or Two Workshop)

**Length:** 2 ½ to 3 hrs.

**Description:** Sometimes stereotypes of the "ideal" temperament can hinder us from creating the most nurturing environment for each child. Understanding individual differences allows us to "work" with a child's temperament and personality and pave the way for their success.

*In this workshop learn:*

- The "Nine Different Temperaments" and how they present in the childcare setting
- The difference between "introversion" and "Extraversion" and the strengths of each
- Positive Discipline methods and tools that will help children of all personality types and temperaments thrive, learn and cooperate in the childcare setting

*Available as an evening workshop or in combination with one of the other  
2 ½ to 3 hr. workshops for a full professional development day.*

## Creating a Circle of Encouragement

(Level Two Workshop)

(Best for those who have attended at least one of the above workshops. However this is not essential in order to benefit from this workshop.)

**Length:** 2 ½ to 3 hrs.

**Description:** We all do better when we feel better! One of the key concepts of Positive Discipline and the Positive Child Care Model is encouragement. When children feel encouraged they can function at their full potential. But parents and staff need encouragement too! This workshop focuses on:

- Developing Positive Partnerships with Parents
- Teaching children how to encourage others
- How staff can support & encourage each other through shared problem solving.  
(A step-by-step formula for helping caregivers and teachers find solutions to behaviour challenges is presented.)

*Available as an evening workshop or in combination with one of the other 2 ½ to 3 hr. workshops for a full professional development day.*

Please contact me if to bring a Positive Discipline workshop to your Childcare or Early Childhood Setting and to request pricing.

**Ruth Buffam**

Certified Positive Discipline Trainer

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