



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

**THE WEBINAR WILL LAST APPROXIMATELY
45 MINUTES**

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

**REGISTER ONLINE 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
Children's Health**