

THE  
**science**  
OF **parenting**



# UPCOMING ONLINE PARENTING WORKSHOPS

## **Understanding Research and Reality**

- **Thursday, March 11, 1:00-2:00 p.m.**  
Register by March 9: <http://bit.ly/science17516>
- **Thursday, April 22, 6:30-7:30 p.m.**  
Register by April 20: <http://bit.ly/science17511>
- **Tuesday, June 8, 7:00-8:00 p.m.**  
Register by June 6: <http://bit.ly/science17507>

## **Positive Discipline**

- **Thursday, March 18, 1:00-2:00 p.m.**  
Register by March 16: <http://bit.ly/science17514>
- **Thursday, April 29, 6:30-7:30 p.m.**  
Register by April 27: <http://bit.ly/science17509>
- **Tuesday, June 15, 7:00-8:00 p.m.**  
Register by June 3: <http://bit.ly/science17506>

**Questions?** Contact Mackenzie DeJong  
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## Understanding Research and Reality

How can parents use **research** to help **inform** the **realities** of parenting? Learn about how parenting realities are different and discover helpful parenting tools and techniques.

## Positive Discipline

Parents often say **guidance and discipline** is their **number one concern**. This workshop will help you see positive discipline as an opportunity to build positive parent-child relationships. Learn about the difference between discipline and punishment and strategies for positive discipline, including Stop. Breathe. Talk.

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