

The Science of Parenting

Online Workshops

Understanding Research and Reality *(Approved for foster parent credit)*

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.

Tuesday, November 7, 2023 12:00-1:00 p.m.

Register online: <https://go.iastate.edu/ZPETWG>

Understanding Temperament

Every child is unique, and their **individual temperament** is one of the biggest reasons why! This workshop will introduce you to the individual temperament traits and offer an opportunity to explore how your child's temperament can impact their feelings and behaviors.

Tuesday, November 14, 2023 12:00-1:00 p.m.

Register online: <https://go.iastate.edu/GQZDEV>

Children's Ages and Parenting Stages

Just like our kids grow through different ages, we go through **stages as parents, too!** Learn about those stages, your **child's development**, and tips for adapting your parenting to your child's age and abilities.

Tuesday, November 21, 2023 12:00-1:00 p.m.

Register online: <https://go.iastate.edu/I7Z6VP>

Positive Discipline *(Approved for foster parent credit)*

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.

Tuesday, November 28, 2023 12:00-1:00 p.m.

Register online: <https://go.iastate.edu/GTFUGH>

FREE for ALL PARTICIPANTS!

www.scienceofparenting.org

Questions? Contact Hailey Burgher:
hburgher@iastate.edu | 641-895-9037

