

# Science of Parenting

## Understanding Research and Reality

Thursday, February 8, 2024 12:00-1:00 p.m.

Register online: <https://go.iastate.edu/2K4XRF>

**(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.

## Understanding Temperament

Thursday, February 15, 2024 12:00-1:00 p.m.

Register online: <https://go.iastate.edu/KXFK2A>

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

## Children's Ages and Parenting Stages

Thursday, February 22, 2024 12:00-1:00 p.m.

Register online: <https://go.iastate.edu/SVL0RE>

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.

## Positive Discipline

Thursday, February 29, 2024 12:00-1:00 p.m.

Register online: <https://go.iastate.edu/UHJQP6>

**(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.



## QUESTIONS?

Contact Morgan Newell:

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**FREE for ALL PARTICIPANTS! | [WWW.SCIENCEOFPARENTING.ORG](http://WWW.SCIENCEOFPARENTING.ORG)**