**For Release: Upcoming Parenting Workshops Offered Online from The Science of Parenting**

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Research conducted by Zero to Three (2016), found that parents need and want information and support. 80% of parents work to be better parents, and 69% of parents say if they knew more parenting strategies, they would use them. Despite this motivation, however, almost half of parents say they aren’t getting the support they need during times of stress.

The Science of Parenting team from Iowa State University has scheduled online workshops to help parents learn strategies to use. The four workshops being offered in November are *Understanding Research and Reality, Understanding Temperament, Children’s Ages and Parenting Stages, and Positive Discipline.* These workshops all focus on the objective of sharing research-based information that fits each family’s own reality. In the first workshop, you’ll learn how we can connect what research is telling us about parenting to our everyday lives. The second workshop is all about temperament – or the unique traits we all have and how to navigate them! The third helps parents and caregivers better understand child development. The fourth addresses the common question of “how do I practice positive discipline and manage my child’s behavior?”.

*Understanding Research and Reality* will be on Tuesday, November 7th online from noon to 1:00 p.m. Registration is online at <https://go.iastate.edu/ZPETWG>.This workshop is approved for foster parent credit hours.

*Understanding Temperament* will be held online Tuesday, November 14th, from noon to 1:00 p.m. Register online at <https://go.iastate.edu/GQZDEV>.

*Children’s Ages and Parenting Stages* will take place online Tuesday, November 21st from noon to 1:00 p.m. Register online at <https://go.iastate.edu/I7Z6VP>.

*Positive Discipline* is scheduled online for Tuesday, November 28th, from noon to 1:00 p.m. Register online at <https://go.iastate.edu/GTFUGH>. This workshop is approved for foster parent credit hours.

These workshops are FREE for participants, but you are asked to register ahead of time to receive the class link and materials.

For more information, visit [www.scienceofparenting.org](http://www.scienceofparenting.org). Contact Hailey Burgher with any questions at hburgher@iastate.edu or call/text 641-895-9037.