



# HOW TO GROW REMARKABLE KIDS



An evening for John Hay parents

Want to invite cooperation, responsibility, and help calm big emotions? Frustrated that your kids won't listen? Join us for this fun evening to learn how to support social emotional development at home. The Positive Discipline framework will be introduced to learn how to discipline with firmness and kindness, have fun as a parent, and set the foundation for important social and life skills. Help your child feel a sense of belonging and significance through mutual respect and encouragement.

**THURS. FEB 27TH**

**6pm- 8pm, John Hay Library**

enter through main building or East library entrance



Julietta Skoog is a Certified Positive Discipline Trainer, with degrees in School Counseling and School Psychology and 15 years of experience in Seattle Public Elementary Schools. Her expertise includes early child development, autism, learning disabilities, anxiety, and behavior disorders, as well as leading groups and classroom lessons based on Positive Discipline, Social Thinking and Mindfulness. She is the mother of three children and the co-founder of Sproutable, an online resource that helps parents raise good kids who grow up to be remarkable adults.