

# The Science of Parenting

## Online Workshops

### Understanding Research and Reality

Tuesday- February 4, 2025

*(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.

6:30-7:30 p.m. Register online: <https://go.iastate.edu/GYWALU>

### Understanding Temperament

Tuesday- February 11, 2025

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.

6:30-7:30 p.m. Register online: <https://go.iastate.edu/U1D4FL>

### Children's Ages and Parenting Stages

Tuesday- February 18, 2025

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.

6:30-7:30 p.m. Register online: <https://go.iastate.edu/3DGVHC>

### Positive Discipline

Tuesday- February 25, 2025

*(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.

6:30-7:30 p.m. Register online: <https://go.iastate.edu/KJISVI>

**FREE for ALL PARTICIPANTS!**

[www.scienceofparenting.org](http://www.scienceofparenting.org)

Questions? Contact Barbara Dunn Swanson:

[bdswanso@iastate.edu](mailto:bdswanso@iastate.edu) | 563-886-6157

