

The Science of Parenting

Online Workshops

Understanding Research and Reality

Monday, October 7, 2024

(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.

12:00-1:00 p.m. Register online: <https://go.iastate.edu/LW4BJS>

Understanding Temperament

Monday, October 14, 2024

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.

12:00-1:00 p.m. Register online: <https://go.iastate.edu/EXM4V7>

Children's Ages and Parenting Stages

Monday, October 21, 2024

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.

12:00-1:00 p.m. Register online: <https://go.iastate.edu/WQ9JXY>

Positive Discipline

Monday, October 28, 2024

(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.

12:00-1:00 p.m. Register online: <https://go.iastate.edu/9NYJFF>

FREE for ALL PARTICIPANTS!

www.scienceofparenting.org

Questions? Contact Hailey Walker:
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