

An Evening with Kim John Payne

October 26, 7-9pm

**Blue Rock School
Multi-Purpose Room
110 Demarest Mill Road, West Nyack**

Parenting expert and acclaimed author of the bestselling book **Simplicity Parenting**, Kim John Payne, M.Ed., will focus on the topic of his new groundbreaking book, **The Soul of Discipline**.

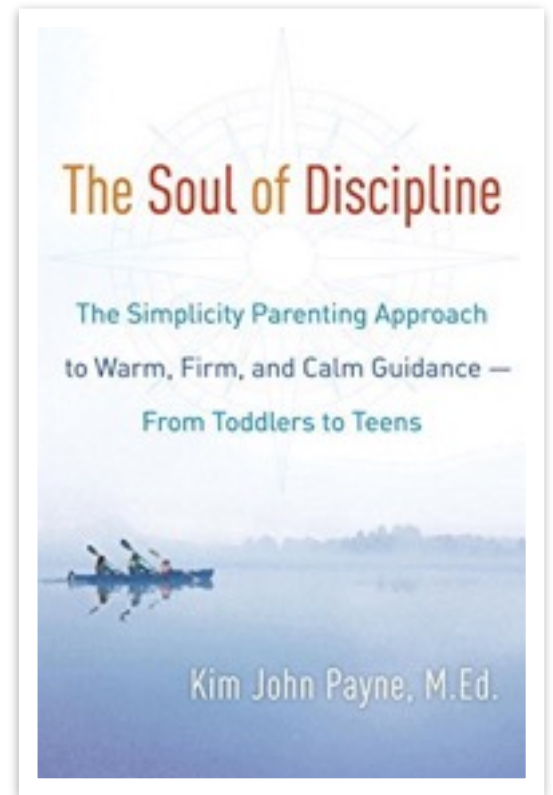
Mr. Payne will walk guests through his Simplicity Parenting approach of warm, firm, and calm guidance and lay out a plan from toddlers to teens to support parents in establishing loving, age-sensitive boundaries that help children feel safe and settled. In short: what looks like misbehavior is actually your children's signal that they're feeling lost, that they are trying to find direction and looking to you to guide them back on course. Join us to help understand:

- How to use discipline strategies that actually help deepen your connection with your child
- Understanding the three phases of discipline
- How to stop a child from interrupting
- How to deal with digital distractions
- What to do when your child is having a meltdown
- And much, much more!

Admission \$12

Suggested donation of \$10 for Blue Rock families

Please RSVP at **845-627-0234** or **office@bluerockschool.org**



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