

# Upcoming Webinar for Parents

## Dr Justin Coulson presents: Encouraging good behaviour

Dr Justin Coulson writes and speaks about parenting and family – because nothing matters more. Justin returned to full time study in his late twenties where he earned first class honours and a subsequent PhD in Psychology so that he could learn how to be a better husband and father. Now the focus of his life is his family and helping other families flourish – in that order. Justin has written six books and is a four-time bestselling author. He is an occasional columnist for the New York Times and appears regularly in all of Australia's major news outlets for television, radio, and print.

We have a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in our community can attend this webinar at no cost.



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Watch an overview from Dr Justin Coulson

## About the webinar



### Encouraging good behaviour

Discipline is one of the most confusing and challenging topics that parents grapple with. When you look up the word discipline in the dictionary the first definition is "punishment". But this is a relatively new way of understanding the word. Until a couple of hundred years ago, to be disciplined meant to be shown a way to follow. This webinar, presented by Dr Justin Coulson is for every parent who has ever been so desperate to get their kids to 'behave' that they've tried Triple P, Super-Nanny, 1-2-3 Magic, and pretty much everything else out there, and still found themselves stuck. It explores the concept of discipline and how parents can encourage good behaviour in children.

Key learning and discussion points include:

- why the centuries-old strategies we still cling to should be left in the past
- how we get discipline wrong and why
- real world examples of discipline that are as imperfect as parents and their kids, but that still work
- ideas for discipline that turn everything you thought you knew about the topic on its head
- applicable strategies for everyone

The webinar will be held on 8 June 2022 at 8-9 PM AEST.

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