

Lighthouse Resources is hosting workshops presented by Aletha Solter in Brisbane.

11th November □ Discipline Without Punishments or Rewards

Learn how to raise cooperative, responsible, and self-disciplined children without being authoritarian or permissive (either a "dictator or a doormat"). We will discuss the pitfalls of punishments and rewards, and review the basic techniques of democratic discipline with mutual respect between adults and children. Discover the three reasons for inappropriate behaviour, and learn how to change children's behaviour by recognizing and meeting their needs. This workshop is useful for parents, teachers, daycare providers, health practitioners, social workers, therapists, and anybody else involved with babies or children from birth to pre-adolescence. There will be some experiential exercises and plenty of time for questions.

12th November □ Helping Children Heal from Stress & Trauma

Stress and trauma early in life can alter children's neurobiological systems and lead to anxiety, aggressive behaviour, hyperactivity, attachment disorders, sleep problems, learning difficulties, depression, and physical illnesses. Luckily, children know how to heal from trauma if we give them the opportunity. We will review the major sources and symptoms of stress and trauma during infancy and early childhood, and discuss the conditions required for children to restore emotional health. The focus will be on reducing stress, creating emotional safety, and facilitating children's spontaneous stress-release mechanisms of play, laughter, crying, and raging. This workshop can be adapted either for professionals (therapists, counsellors, health professionals, social workers, etc.) or for parents (or both). The information applies to children from birth to pre-adolescence.

Venue and Cost to be advised.

Please reply to this email to register your interest in attending the workshop/s and we will contact you when details are finalised.

Aletha Solter, Ph.D. is a Swiss/American developmental psychologist, author of four books, and founder of The Aware Parenting Institute (www.awareparenting.com). She studied with Dr. Jean Piaget in Switzerland, where she obtained a Master's degree in human biology. She holds a Ph.D. in psychology from the University of California. Dr. Solter is recognized internationally as an expert on emotional development and non-punitive discipline. Her books have been translated into many languages, and she has given talks and led workshops for parents and professionals in twelve countries. She lives in Goleta, California and is the mother of two grown children. The titles of her books are: *The Aware Baby*, *Helping Young Children Flourish*, *Tears and Tantrums*, and *Raising Drug-Free Kids*.