



Raising Emotionally Healthy Children Using Positive Discipline Approaches

**A Four-Part Virtual Lunch & Learn
Training Series for foster, adopt,
and kinship caregivers**



**Wednesdays,
October 28, November 4, 11, & 18
12:00 pm to 1:00 pm CT**

Presented by Safe Kids Fargo-Moorhead

Session 1 - Wednesday, October 28



Nurturing Emotional Wellness in Children

Children's emotional health is the foundation for learning, relationships, resilience, and overall well-being. In this session, explore the key elements of emotional wellness, understand how emotional development unfolds throughout childhood. Examine the many influences that shape a child's emotional health and learn practical strategies to recognize and support children's emotional needs in everyday interactions.

See Page 2 - 3 for additional session information and registration



Session 2 - Wednesday, November 4

Big Feelings, Strong Futures: Helping Children Understand Emotions and Build Resilience

Children thrive when they have the skills and support to understand their emotions, navigate challenges, and bounce back from challenges. This session explores practical approaches for helping children recognize and express feelings, and learning strategies for coaching children through difficult emotions. Discover key protective factors and resilience-building practices that promote emotional well-being and healthy development.

Session 3 - Wednesday, November 11



Parenting with Purpose: Foundations of Positive Parenting and Discipline

Positive parenting and positive discipline provide caregivers with effective, relationship-based strategies to support children's healthy development, especially children who may have experienced loss, trauma, family transitions, or other challenges. This session will explore the core principles of positive parenting, learn how positive discipline differs from punishment-based approaches, and discover proactive strategies that promote connection and build trust. Participants will gain practical tools to support children's emotional well-being, strengthen relationships, and respond to behaviors in a developmentally appropriate way.

See Page 3 for additional session information and registration



Session 4 - Wednesday, November 18

Guiding Behavior with Connection, Consistency, and Care

Strong relationships begin with positive communication. Learn practical ways to use positive language, effective communication, and relationship-based discipline strategies to encourage cooperation and build trust. The session will explore approaches to creating healthy boundaries and routines, supporting children's self-regulation, responding safely to infant crying, and adapting positive discipline techniques for children and teens at different developmental stages.

Safe Kids Fargo-Moorhead is led by Sanford Health, which provides dedicated and caring staff, operation support and other resources to assist in achieving our common goal: keeping your kids safe. Based on the needs of the community, this coalition implements evidence-based programs, such as car-seat checkups, safety workshops and sports clinics, that help parents and caregivers prevent childhood injuries.

Click HERE to Register
or scan the QR Code to the left.



This **FREE** virtual training opportunity for foster care providers, kinship caregivers, adoptive parents, & child welfare professionals. Continuing education credits available for ND foster care providers and social workers.



The UND Children and Family Services Training Center sponsors all of our Foster Care Provider trainings through a grant from the North Dakota Department of Health & Human Services, Children and Family Services Section.