

Routines, Rules, and Setting Limits

This interactive workshop will explore the importance of establishing regular routines and traditions, household rules, and effective limits. Having these can help shape positive behaviors in children and reduce negative parent/child interactions.

Workshop highlights-

- Types of routines that are important for children
- The importance of mealtime routines
- How to establish household rules
- Tools for setting limits effectively



Free one-hour lunch and learn workshop
designed for parents or caregivers of young
children

Presented by Wesley Family Services
Friday, November 21st from 12:00-1:00pm
Free workshop held on Zoom

To register contact Melodi
parentwise@wfspa.org
412 342-2343

