

Positive Discipline for Young Children (2-6 years)

Tuesday, 15th May 2012

10:00 am - 12:00 pm

Facilitator: Cate Hey



Parenting can be a challenge. As soon as parents master the baby stage, a young child develops and new challenges arise. Designed for parents of children aged 2 to 6 years old, this workshop will cover:

- Understanding positive discipline
- Effective strategies for parenting young children
- Techniques for raising emotionally balanced children
- Alternatives to constantly saying "No" to children
- Help your children respond to requests in a timely manner

Cost: \$80 SACAC/American Club member

\$95 non-SACAC member

Venue: The American Club Atrium Room

To register, please contact:

SACAC Counselling
10 Claymore Hill Singapore 229573
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About the Facilitator:

Cate Hey is a Clinical Psychologist and is currently the Director of SACAC Counseling. Cate holds a Master's Degree in Psychology and a Postgraduate Diploma in Clinical Psychology from the University of Auckland, New Zealand, and Postgraduate Certification in Cognitive Behavioral Therapy from the Beck Institute, Pennsylvania, USA. Cate is a certified member of the Academy of Cognitive Therapy, USA; the New Zealand Psychological Society, and the New Zealand College of Clinical Psychologists. Cate has clinical experience in a range of early childhood and teenage issues. Specifically Cate works with youth who have behavioural issues, adjustment, depression, anxiety, self-harm, eating issues and alcohol and drug misuse.

