



Positive
Discipline In
Everyday Life

Newsletter

Special Announcement

We are very pleased to announce a new five-year project to enhance the Positive Discipline in Everyday Parenting (PDEP) program with **trauma-and-violence informed** practice.

The project is funded by the Public Health Agency of Canada, through its Family Violence Prevention Initiative. It was officially announced on February 12, 2020 by MP Chris Bittle on behalf of the Honourable Patti Hajdu, Minister of Health, Government of Canada.

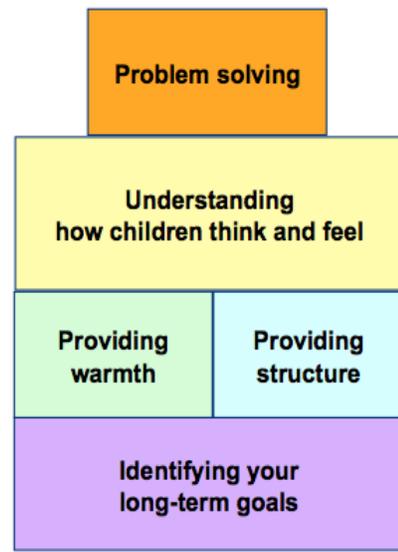
In the first phase of the project, we've been learning about what is needed to enhance PDEP with trauma-and-violence informed practice. We've consulted with a number of **Country Trainers** and **Program Facilitators** to learn about their experiences and needs, and we have established an advisory group of Canadian trauma experts.

This year, we'll enhance the PDEP Parent Program and pilot it with parents in Calgary and Winnipeg. In subsequent years, we'll roll out the enhanced PDEP program across the country.

We are very grateful for this funding and excited to be undertaking this work. Please stay tuned for further developments.

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New PDEL Website

We have recently transitioned to a new website:

www.positivedisciplineeveryday.com

On the website you can find information about the PDEL team, the PDEP program, where the program is offered and evaluation results from around the world. We invite you to visit often.

The website hosts a secure portal for trained Program Facilitators and Country Trainers, where they can register to access the most up-to-date materials. Please check it out – we have just updated the PowerPoint slides.

*If you are a **trained PDEP Program Facilitator** and have not yet registered on the website, please contact Cyma Tolaj (ctolaj.pdel@outlook.com) for information.*

On our COVID-19 Resource Page, you can find:

- A video narrated by Dr. Joan Durrant explaining how the principles of PDEP apply in the time of COVID-19
- An interactive PDEP model with videos of techniques to help ourselves and others regulate their stress responses
- A PDEP COVID-19 Information Kit
- The PDEP Parent Book for free download
- The PDEP Primer for free download

COVID-19 Resources

The global spread of the COVID-19 pandemic has forced us all to adjust to a new way of life. Although we don't yet know how this will impact our future, there is much we can do today to help ourselves, parents and children to feel socially connected, safe, and secure.

When working with parents and caregivers, we need to:

- Regulate our own stress responses and help parents practice self-regulation techniques.
- Stay focused on our long-term goals for families, and help parents stay focused on their long-term parenting goals.
- Help parents understand how children think and feel by considering their stage of development and their temperament, in light of the new stressors they are facing.
- Try our best to consistently provide warmth and structure - and help parents to do the same.

We have created a COVID-19 Resource Page on our website to explain how the PDEP approach can be helpful during the pandemic.

<https://positivedisciplineeveryday.com/covid19-resourcepage>



Canadian News

To date, **more than 800** people have participated in the PDEP Facilitator Training! We've trained Program Facilitators from almost every province and territory: Nunavut, British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, New Brunswick, Nova Scotia, PEI, and Newfoundland.

97% of those we have trained report that they were satisfied with the training. Participants have told us, for example:

"I am so appreciative of a program that is child rights based, that teaches parents to be proactive as opposed to reactive."

"I like how one step of the program leads to the next and how the repetition encourages and reinforces learning and how it all relates to long-term goals established by participants at the onset of the program."

Over 95% would recommend the training to others. They have commented, for example:

"I will recommend this program to everyone I know, as I know it is a program for everybody and it's never too late to start using it. The program provides an intrinsic way to motivate parents to see their children's behaviour in a different light."

It empowers parents with knowledge and tools for a more warm, trusting, and guided relationship with children and respects their rights.

After participating in the training, many noted changes in how they interact with children and clients. For example:

"I really understand the importance of putting myself in the child's shoes. If you can understand the feelings behind the behaviour you will better be able to meet any challenge that may arise."

"I learned that I have to think through the information I am about to facilitate and have a good perspective of things in order to be sensitive to parents' experiences and be very careful not to unintentionally blame or judge."



Evaluation Results from Facilitator Trainings across Canada:

After taking the training:

- 97% believed more strongly that adults shouldn't physically punish children.
- 95% believed PDEP will be useful in helping parents reduce their use of physical punishment.
- 95% believed more strongly that parents should ask children their point of view.
- 96% believed PDEP will be useful in helping parents communicate better with children.
- 93% believed PDEP will be useful in helping parents control their anger.
- 99% believed PDEP will be useful in helping parents build a stronger relationship with children.



Email us:

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Find us on the Web:

www.positivedisciplineeveryday.com

Download the PDEP Parent Book:

<https://positivedisciplineeveryday.com/parentbook/>

Order hardcopies of the Parent Book:

<https://familiescanada.ca/publication/positive-discipline-in-everyday-parenting-4th-edition>

About Us

Positive Discipline in Everyday Life is a Canadian not-for profit organization dedicated to promoting healthy adult-child relationships.

We provide **programs for caregivers** to help them handle conflict with children and **training for professionals** who want to deliver our programs to caregivers of all ages, circumstances, sexual identities, languages, and faiths.

We **partner with organizations** across Canada and around the globe to introduce our programs to governments, provide training for their staff, and support scale-up of our programs in a sustainable and impactful way.

