

# FREE INFO NIGHT WITH DR. LAPOINTE: DISCIPLINE WITHOUT DAMAGE

APRIL 24 @ 7:00 PM - 8:30 PM    NORTH DELTA SECONDARY

**DISCIPLINE WITHOUT DAMAGE: How to Get Your Kids to Behave Without Messing Them Up**

**Presenter: Dr. Vanessa Lapointe**

When your child is threatening a meltdown in the grocery aisle, is it really possible to keep your cool, get the behaviour turned around, and support healthy development, all at the same time?!

Parents, caregivers, and big people of all kinds will discover how discipline affects children's development, why our reactions to our children's behaviour should reinforce connection instead of introduce more upset, and why the disciplinary strategies that may have been used on us as children are not the ones that children really need.

In addition, you'll learn: How the concept of "childhood" has been understood in different ways historically and why we must understand it anew today.

The basic and impactful truth behind Dr. Vanessa Lapointe's mantra "*See it, feel it, be it.*"  
The foundation of a healthy, effective approach to discipline that respects your child's developmental needs... and works!

**Target Audience: *Parents of children ages 5 to 17, School Staff, and Community members***

**REGISTRATION IS NOT NECESSARY**

**For more information about the session, please contact Tricia Gibson**

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## ABOUT DR. VANESSA LAPOINTE

Dr. Vanessa Lapointe is a mom, registered psychologist, parenting educator, best-selling author, international speaker, and a regularly invited media guest.

Founder and director of The Wishing Star Lapointe Developmental Clinic, she has been supporting families and children for almost 20 years and has previous experience in community mental health and the school system.

While navigating the journey of parenting her own two children, including the restructuring of her family through divorce, Dr. Vanessa has been challenged to grow herself up. Rather than hiding behind the glossy façade, she acknowledges how much she is in the muck of it just like everyone else. From this awakened place she journeyed along a path which has profoundly changed her family and had a significant influence on her speaking and practice.