

JODI'S GYM

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Set Their Limits

A new workshop on discipline and boundaries



There's a fine line between letting a toddler gain independence and allowing him to wreak havoc. To help draw that line, **Jodi's Gym** has planned a workshop called **Discipline & Boundary Setting**, for parents of toddlers ages 15 months to 5 years old. Led by social worker and **You Plus 2 Parenting** founder Rachel Cedar, the workshop will explore topics like age-appropriate discipline techniques and strategies; positive vs. negative reinforcement; how to redirect and distract; incentives, rewards, and bribery; and "power play," role play, and role reversal strategies. The workshop is on February 5, from 7:30pm to 9pm and costs \$30 per person. Register by calling 212.772.7633.

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