

FOR IMMEDIATE RELEASE

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Bring Calm to Your Home with PAX Tools for Caregivers

What if family life felt just a little more peaceful? What if homework, chores, or bedtime didn't always turn into a battle? PAX Tools for Caregivers is helping Kansas families find answers to those questions with simple, common-sense strategies that can be used with kids of all ages.

PAX Tools for Caregivers is a two-and-a-half-hour workshop that teaches caregivers simple, trauma-informed strategies to help children build self-control, cooperation, and emotional skills. Participants will receive all the strategies and materials they need to start using PAX Tools with the children in their care right away.

As a parent of four kids, I use PAX Tools at home and have found them to be a game-changer. I've seen less conflict in daily routines and a reduced need to repeat directions. I have been able to make small changes that have really added up to a more positive and peaceful home environment.

The PAX Tools for Caregivers training is currently available free of charge to any Kansas resident and is designed to meet the needs of parents, grandparents, foster parents, and adoptive parents.

And PAX isn't just for parents and caregivers. Free, no-cost training is also available for professionals, including educators, child care providers, youth workers, behavioral health staff, and anyone who lives or works with young people. For more information about professional development opportunities, email info@paxis.org.

Positive change doesn't have to be complicated. Sometimes, a few simple tools can make all the difference.

Ready to learn more or register for a workshop? Contact Michelle Broxterman, Family and Child Development Extension Agent, at mbroxterman@ksu.edu or (620)724-8233 to get started.

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