



Parenting Classes

July - September 2010

CHANGING KIDS' BEHAVIOR BEGINS BY CHANGING OUR EXPECTATIONS

When a child repeats a behavior that we don't like, and we get real upset about that behavior on a regular basis, the behavior tends to continue. Yelling, nagging, reminding, and/or reprimanding the child is usually in vain. Why? The focus is moved away from the child's misbehavior and onto the parent's outburst. Many children take the emotional eruption of a parent as a challenge to a fight back. When parents over explain and give three, four or five reasons to a child to encourage the desired behavior, it says, "You really don't have to behave unless I can give a number of good arguments as to why you should." This is not discipline, it's begging, and the shrewd child will simply take issue with the parent's reasons.

Changing a child's behavior begins by changing the way we react. Teaching a child how to behave takes time, patience and consistency until the child understands and responds to what is expected. Most important, remain calm, but also firm. Children need consistency and repetition in a warm and loving environment.

Adapted from the Parent Magic Newsletter

Ask us about...

One-on-One...Parent Coaching ...addressing your specific parenting needs!

Bringing-up-Baby (parenting from birth to 24 months)

Saturdays Sept. 11 - Oct. 2 9:00 - 11:00 AM
\$10 Registration Fee

Systematic Training for Effective Parenting (STEP):

Parenting Young Children (two to six)

Tuesdays July 6 - August 10 5:30 - 7:30 PM
Thursdays Aug. 5 - Sept. 16 (no class 8/26) 5:30 - 7:30 PM
❖ Tuesdays Sept. 7 - Oct. 12 (in Three Points) 6:00 - 7:30 PM

Parenting Teenagers (twelve to eighteen)

Tuesdays Sept. 14 - Oct. 19 5:30 - 7:30 PM

How To Talk So Kids Will Listen AND How To Listen So Kids Will Talk

Thursdays July 15 - August 19 5:30 - 7:30 PM
❖ Thursdays Sept. 9 - Oct. 21 (in Sahuarita) 6:30 - 8:30 PM

Calming the Family Storm

❖ Thursdays July 8 - August 12 (in Sahuarita) 6:30 - 8:30 PM
Tuesdays July 27 - September 7 5:30 - 7:30 PM
❖ FREE

Parenting class fee, unless noted otherwise:

\$75/participant or \$110/2 participants

Fee includes 6-week class, materials, book, and certificate(s).

Pre-registration required. Classes are limited to 14 participants.

Parent Skills Workshops (Certificate, \$10 per session. Workshops are offered in English and Spanish)

On-going series that repeats every twelve sessions

Every Monday 5:30 - 7:30 PM

Every Wednesday 9:00 - 11:00 AM

Talleres para padres (hable al 321-1500 para más informes)

Esta serie de clases se repite cada doce semanas

Cada Lunes 5:30 - 7:30 PM

For more information, call 321-1500

As a parent, you are your child's first and most important teacher. You begin teaching your baby during your pregnancy – through your touch, and your voice. From the start, you shape your child's future by providing a variety of experiences. Parents as Teachers (PAT) is a family education and support program that begins prenatally and extends to age 5.

In PAT, you are supported by certified parent educators who use the *Born to Learn*™ Curriculum that translates scientific information on early brain development into concrete suggestions on ways to teach and nurture your child. Currently open to families in the following zip codes: 85614, 85622, 85629, 85641, 85730, 85735, 85736, 85744, 85747, and 85748.

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www.theparentconnectionaz.org