

BEGINS
Tuesday,
June 29th!

The Parenting Way[©]

The Parenting Way[©] is a structured ten-week parenting skills course developed and trademarked by Family Directions of Iowa. The Parenting Way[©] curriculum addresses the importance of early childhood initiatives and seeks to change parents' knowledge of child development, attitudes toward parenting, and their view of themselves as the most important first step toward enhancing the parent-child relationship.

Session I: To Discipline Without Harm

Tuesdays, 10-12pm, 6/29, 7/6, 7/13, 7/20

**Class 1: Agency Programs—Parents Anonymous[®],
The Parenting Way[©], Parents as Teachers**

Class 2: Discipline Without Harm

Class 3: Behavior Management Toolbox

Class 4: Assertive & Effective Discipline

The first session of The Parenting Way[©] helps parents identify resources, needs and support, both within the extended family and within the community. We challenge parents to think first about their choices, and practice discipline that is helpful, not harmful. The difference between punishment and discipline is discussed. Parents learn to be more creative and choose discipline that helps children become more responsible for their choice and actions. Parents also learn how to establish authority, consistency, and teamwork in the home by being firm but calm when addressing discipline issues.

Session II: To Communicate & Problem Solve

Tuesdays, 10-12pm, 7/27, 8/3

Class 1: Basic Communication Tips

Class 2: Basic Problem Solving Tips

In the second session of The Parenting Way[©], Parents are encouraged, and given tools, to take the "high road" and maintain respectful communication with their children even when their children are disrespectful. Basic problem solving steps will be provided to parents with a take-home guideline to follow. We also introduce and encourage family meetings.

Session III: To Nurture Ourselves & Our Children

Tuesdays, 10-12pm, 8/10, 8/17, 8/24

Class 1: Identifying Your Stressors

Class 2: Identifying Your Strengths

Class 3: Unconditional Love & Bonding

The focus of the third session of The Parenting Way[©] is on accepting ourselves and our children unconditionally. Ideas for role modeling and teaching empathy towards others will be discussed. Parents will reflect on and lists the strengths of both the family and themselves. Parents will review what makes them stressed, and be given options for preventing stress as well as responding to early emotional distress signals from family members. This class looks at how prevention plays a role in keeping stress levels low. Parents will be encouraged to model and teach stress management to their children.

Session I: To Ask for Help & Seek Support

Tuesdays, 10-12pm, 8/31

**Class 1: Children's Support Systems &
Family Resources**

The final session of The Parenting Way[©] will focus completely on fun that's free, fun that's local, fun that's planned, spontaneous fun and where to look for fun family activities. Parents will identify support systems and other mentors that are available to their children and ways to expand and encourage these as the children grow.

Funded by: Boone County DCAT

NEW!
to Boone



Classes are FREE!

The Parenting Way[©]
classes are held at:

**Family Empowerment Center
724 8th Street
Boone, Iowa 50036**

To register or have questions
please contact Janelle Miller at
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**FAMILY
DIRECTIONS**



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