

The Parenting Way®

is a ten-week course to develop parenting skills. The Parenting Way® curriculum addresses the importance of early childhood initiatives. The purpose of this class is to change parents' knowledge of child development and

attitudes toward parenting. We also



strive to change parents' view of themselves as the most important factor in enhancing the parent-child relationship. Classes are held at the Family Directions office in West Des Moines.

This program, as well as all of the other programs offered by Family Directions of Iowa, is offered free of charge. Please call (515) 255-9490 for information on times and locations or to register for this class. You can also e-mail us at:

info@familydirectionsiowa.org.



Family Directions of Iowa Programs:

Parents Anonymous® Groups for Parents, Children & Youth

Parent Leadership Initiatives

Parents as Teachers



Stork's Nest & Family Nest

The Parenting Way® is funded by:



Family Directions of Iowa, Inc.

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Family Directions of Iowa, Inc.

*Promoting Strong and Healthy
Families*

The Parenting Way®



Tel: 515-255-9490

Parent Education Classes

Session I: To Discipline Without Harm

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

Session II: To Communicate & Problem Solve

Class 1: Basic Communication Tips

Class 2: Basic Problem Solving Tips

Session III: To Nurture Ourselves & Our Children

Class 1: Identifying Your Stressors

Class 2: Identifying Your Strengths

Class 3: Unconditional Love & Bonding

Session IV: To Ask for Help & Seek Support

Class 1: Children's Support Systems & Family Resources

“To Discipline Without Harm”

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 choices and actions. Parents also learn how to establish authority, consistency, and teamwork in the home by being firm but calm when addressing discipline issues.

“To Communicate and Problem Solve”

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 the 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.

“To Nurture Ourselves and Our Children”

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 list 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.

“To Ask for Help and Seek Support”

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 family fun 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.

The Parenting Way® classes are offered Tuesday evenings from 6 to 8 pm, or Thursday afternoons from 12:30 to 2:30 pm. Call or e-mail us to register. The ten-week course is offered on a revolving basis. Classes are instructed by trained Parent Educators. Start with any class, and continue until the class you started with is presented again.

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