



The Parenting Center - Class Referral List

CURRENT ISSUES	SUGGESTED CLASSES	SUPPLEMENTARY CLASSES
<i>I am looking for a <u>series class</u></i>	<ul style="list-style-type: none"> • Nurturing Parenting Series 	<ul style="list-style-type: none"> • STEP Series
<i>I am having issues <u>getting my child to do what I ask.</u></i>	<ul style="list-style-type: none"> • Nurturing Parenting Series • Communicating with Respect or Improving Communication • Developing Family Rules or Making Rules, Enforcing Consequences 	<ul style="list-style-type: none"> • Parenting Styles • Setting Boundaries
<i>I would like to <u>learn discipline alternatives to spanking.</u></i>	<ul style="list-style-type: none"> • Nurturing Parenting Series • Controlling Anger in the Family or Managing Stress and Anger • Alternatives to Spanking or Positive Discipline 	<ul style="list-style-type: none"> • Recognizing and Understanding Feelings Or Building Self Esteem
<i>My <u>toddler/preschooler</u> is having tantrums and meltdowns and I don't know what to do.</i>	<ul style="list-style-type: none"> • Nurturing Parenting Series • Temper Tantrums/Time Outs • Taming Toddlers 	<ul style="list-style-type: none"> • Positive Discipline • Controlling Anger in the Family or Managing Stress and Anger • Parenting the Strong Willed Child
<i>My <u>teenager</u> is out of control. What can I do to regain control?</i>	<ul style="list-style-type: none"> • Deal or No Deal (Teen Discipline) • Creating Family Rules or Developing Family Rules • Communicating with Respect 	<ul style="list-style-type: none"> • Controlling Anger in the Family or Managing Stress and Anger • Strong Willed Child
<i>I am looking for a class that will give me specific tools and tips for parenting a child with <u>ADHD or other emotional or behavioral special needs.</u></i>	<ul style="list-style-type: none"> • Nurturing Parenting Series • Successful Techniques for Raising a Child with ADHD • Parenting the Child with Special Needs 	<ul style="list-style-type: none"> • Strong Willed Child • Positive Discipline or Alternatives to Spanking
<i>I am a <u>foster/adoptive parent</u>. Do any of your classes meet my particular needs?</i>	<ul style="list-style-type: none"> • Nurturing Parenting Series • Parenting the Child with Special Needs • Understanding Attachment • Caregiver Burnout • Caring for the Traumatized Child 	<ul style="list-style-type: none"> • Nurturing Parenting Series
<i>I am getting <u>re-married</u> and my child is having a hard time.</i>	<ul style="list-style-type: none"> • Nurturing Parenting Series • Strengthening Stepfamilies 	<ul style="list-style-type: none"> • Recognizing and Understanding Feelings or Building Self Esteem
<i>I do not have children and I am getting <u>married/re-married</u> and I want to make sure we are prepared for our new relationship.</i>	<ul style="list-style-type: none"> • Together in Texas class (clients will receive \$60 off the marriage license fee) 	<ul style="list-style-type: none"> • Strengthening Stepfamilies (if couples have children)

We also offer other classes. Please visit our website for class dates and prices.

www.theparentingcenter.org

817-332-6348



The Parenting Center - Series FAQs

Question	Answer		
What is the <i>Nurturing Parenting Program</i> ?	<p><u>Nurturing Parenting Program</u> (Level 1)* (2 hours a week for 8 weeks)</p> <ul style="list-style-type: none"> This is our highest rated program for families who desire to build skills, better understand and apply positive discipline techniques, and enhance empathy and relationships within the family. Families receive a workbook, process and home practice journal and individualized assessments at the start and end of the program. This evidence based program will provide families with an in depth psycho-educational process. Class topics include: <table border="1"> <tr> <td>NP 1: Parenting Assessment NP 2: Developing Family Rules NP 3: Self Worth and Praising Children NP 4: Encouraging Appropriate Behavior</td><td>NP 5: Needs, Empathy, and Nurturing Self NP 6: Alternatives to Spanking NP 7: Managing Stress and Anger NP 8: Creating a Nurturing Parenting Plan</td></tr> </table> <p>Starting in July, families are invited (not required) to bring their children (ages 5-11) to the Nurturing Parenting Program with advanced registration and an additional fee.</p> <p>* For more details about the levels of this program, please refer to the <i>Nurturing Parenting Program Levels Sheet</i></p>	NP 1: Parenting Assessment NP 2: Developing Family Rules NP 3: Self Worth and Praising Children NP 4: Encouraging Appropriate Behavior	NP 5: Needs, Empathy, and Nurturing Self NP 6: Alternatives to Spanking NP 7: Managing Stress and Anger NP 8: Creating a Nurturing Parenting Plan
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What is the <i>STEP Series</i> ?	<p><u>Systematic Training for Effective Parenting (STEP)</u> (2 hours a week for 6 weeks)</p> <ul style="list-style-type: none"> This is our longest standing series program for Parenting Education. Participants will receive a parent workbook and weekly supplementary handouts. The STEP classes will provide parents with a foundational understanding of parenting skills. Children are not able to participate in the STEP series and childcare is not available. <table border="1"> <tr> <td>STEP 1: Parenting Styles STEP 2: Building Self Esteem STEP 3: Improving Communication</td><td>STEP 4: Developing Responsible Children STEP 5: Positive Discipline STEP 6: Making Rules, Enforcing Consequences</td></tr> </table> <p>The Parenting Center is working to phase out the STEP series and is recommending families join the <i>Nurturing Skills Series</i> as much as possible.</p>	STEP 1: Parenting Styles STEP 2: Building Self Esteem STEP 3: Improving Communication	STEP 4: Developing Responsible Children STEP 5: Positive Discipline STEP 6: Making Rules, Enforcing Consequences
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<p>NOTE: STEP series classes may be taken either as individual classes OR as the complete series. Although it is not required, we highly suggest that all clients consider joining a series class (see below to find out why).</p>			
Why should I take a complete series?	<p>Although it is not required, <u>we highly suggest that all participants consider joining a series class.</u> This is especially true if they are already considering taking multiple classes. Our series cover MUCH of the individual class content and provide a more in depth process to encourage learning and application of ideas. <u>Series participants also receive more materials and professional support.</u> The <i>Nurturing Parenting Series</i> allows for children ages 5-11 to attend so parents and children can practice their skills together.</p>		
I have limited or no income, are scholarships available?	<p>Scholarships are available on a limited, case by case basis as funds are available. There are only a certain number of scholarship slots available in certain classes. Clients are required to begin the scholarship application process one week prior to the class/series. Clients need to contact The Parenting Center and request a "Request for Reduced Fee" form to begin the application process.</p> <p>Payment plans are available to anyone for the <i>STEP & Nurturing Parenting Series</i>.</p>		

VISIT OUR WEBSITE FOR CLASS DATES AND PRICES

You can also use the Class Referral List to help guide your class choices and referrals.

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The Parenting Center

Nurturing Parenting Information

Each level in the *Nurturing Parenting* Series builds on the first.

Families are eligible to take the next level only when the previous level has been completed.

After a family has attended at least 4 sessions in the first level they are eligible for individual family coaching.

Level One

Level One: Developing Rules, Empathy, and Positive Discipline Techniques

Class Topics Include:

NP 1: Parenting Assessment	NP 5: Needs, Empathy, and Nurturing Self
NP 2: Developing Family Rules	NP 6: Alternatives to Spanking
NP 3: Self Worth and Praising Children	NP 7: Managing Stress and Anger
NP 4: Encouraging Appropriate Behavior	NP 8: Creating a Nurturing Parenting Plan

Level Two

Level Two: Learning to Listen and Communicate

NP 9: Recognizing and Understanding Feelings Owning and Communicating Our Feelings
NP 10: Helping Children Handle Their Feelings Establishing Nurturing Parenting Routines
NP 11: Problem Solving, Decision Making, Negotiating and Compromise Criticism and Confrontation

Level Three

Level Three: Talking to our Children about the Difficult Topics: Sex, Drugs, and Alcohol

NP 12: Talking to Our Children about Sex	NP 15: People, Possessions, and Positive Self Talk
NP 13: This Hurts Me More Than it Hurts You	NP 16: Closing Ceremony (Creating a Nurturing Parenting Plan)
NP 14: Ignoring	

Coaching

After a family has completed at least 4 sessions in level one they are eligible for individualized coaching. A Family Life Educator will meet with individual families to assist them in implementing skills they learn in class into their daily lives.

We also offer other classes. Please visit our website for class dates and prices.

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