



# **WORKSHOP DESCRIPTIONS 2018**

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## **General Parenting Workshops-Birth through the teen years**

*\*Workshops available in Spanish are noted.*

### **ALTERNATIVES TO SPANKING (DISCIPLINAR SIN PEGAR)**

Do you and your partner argue about how to discipline your children? Do you want to learn about other ways to discipline your children without spanking? This workshop will help you and your family learn about alternatives to spanking. Available in two-hour and one-hour formats

### **DEVELOPING FAMILY MORALS, VALUES & RULES (LA MORAL, LOS VALORES Y LAS REGLAS DE LA FAMILIA.)**

Determine your family morals, values and rules. Learn how to engage the family in creating family rules and consequences for the whole family. Leave the classes with a clear list of “do’s” and “don’ts” that reflect the values of your family. Available in two-hour and one-hour formats.

### **DEVELOPING RESPONSIBLE CHILDREN (DESARROLLANDO NIÑOS RESPONSABLES)**

*How can I ensure that my child will one day be a responsible adult?* This class reveals how responsibility is learned and describes the developmental stages of responsibility. Parents will examine ways they might hinder their child’s development of responsibility and will learn how to empower their children. Available in two-hour and one-hour formats.

### **FAMILY BELIEFS & BIRTH ORDER (INFLUENCIA DEL ORDEN DE NACIMIENTO)**

*Why is my first-born so serious? Why does the baby of the family seem to need so much attention?* This class unravels these mysteries and many more as we explore how children form their beliefs and the role birth position plays in the family. Available in two-hour format.

### **IMPROVING COMMUNICATION (MEJORANDO LA COMUNICACIÓN)**

“Are we really getting through to each other?” Learn skills to recognize and break through barriers to communication. Discover ways to speak clearly and constructively and to listen accurately and empathetically. Available in two-hour and one-hour formats.

### **MAKING RULES AND ENFORCING CONSEQUENCES (HACIENDO REGLAS E IMPLEMENTANDO LAS CONSECUENCIAS)**

*“Do you really mean it this time?”* Learn the steps for establishing clear expectations and for implementing effective consequences. This class is especially helpful for parents of older children. Available in two-hour and one-hour formats.

### **PARENTING STYLES (ESTILOS DE SER PADRE)**

Are you a marshmallow, drill sergeant, or tennis ball parent? This class helps parents discover a balanced parenting style that is appropriate for their child’s developmental level and effective at reducing misbehavior. Available in two-hour and one-hour formats.

### **POSITIVE DISCIPLINE (DISCIPLINA POSITIVA)**

“How can I effectively discipline my child while showing love and respect?” This class teaches parents how to lead children toward smarter decisions rather than simply punish disobedience. Participants will learn how to implement choices and consequences, ways to prevent misbehavior, and how to consider the child’s unique temperament when planning discipline. Available in two-hour and one-hour formats.

## Parenting Young Children-Birth through Three years

### **AGES AND STAGES OF INFANTS AND TODDLERS** (EDADES Y ETAPAS DE LOS NIÑOS)

Explore the expectations you have for your child. Learn how you can promote a positive developmental environment for your child through Nurturing Parenting techniques. Discussions will cover birth through age three and the appropriate Intellectual, Physical, Social/Emotional and Language milestones. Two-hour workshop.

### **BABY, LET'S READ**

Bring your baby or toddler for an interactive class that helps prepare your child for a lifetime of success. We will sing, dance and read a fun story. One-hour workshop.

### **CHILDREN AND PLAY**

Playing with young children is more than just keeping them entertained. Our experts will help you understand the importance of play time and will explain ways to encourage your child's overall development through play. Two-hour workshop.

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### **FEEDING THE PICKY EATER**

Is it a battle to get your children to eat? Do they seem to like something one night and hate it the next? In this class participants will learn how taste is developed, reasons why children dislike certain foods and how to help your picky enjoy new foods. 1.5 hour workshop

### **PRESCHOOLERS – FEARS AND FANTASIES**

Explore the role imagination plays in preschoolers' fears and fantasies. Help young children develop healthy imaginative play that benefits their overall development. Two-hour workshop.

### **TAMING YOUR TODDLER** (18 months to 3 years)

Terrible twos, terrorizing threes? The toddler years can feel wild and untamed. Join us to learn how to make two terrific and three tremendous by learning about the strategies of toddlerhood, how to support toddlers and why their behavior is so challenging. Two-hour workshop.

### **MANAGING TEMPER TANTRUMS AND TIME-OUTS** (2 to 5 years old)

Participants will learn about toddler and preschooler's brain development in reference to temper tantrums. Explore the difference between healthy and unhealthy tantrums, along with understanding the motivation and triggers of tantrums. Tips and suggestions will be provided as tools for successfully preventing or managing temper tantrums. Two-hour workshop

*The elements of this workshop are also available in a one-hour online webinar format, titled: Managing Temper Tantrums*

### **TIME TO POTTY**

In this class parents will learn to recognize the signs that their child is ready to be potty trained, discern teaching techniques for potty training, and understand techniques for training children with special needs. Our experts will help prepare parents for the process and discuss techniques for handling accidents and delays. 1.5 hour workshop

### **UNDERSTANDING YOUR CHILD'S TEMPERAMENT**

Does your child have intense emotional reactions? Is your child slow to warm-up to new people or experiences? Join us to examine the nine traits of temperament and learn ways to tailor your parenting methods to your child's unique personality. Two-hour workshop

### **BEDTIME ROUTINES**

Participants will learn how children's temperament can affect bedtime routines, triggers for problem sleep behaviors, how to develop a four step bedtime routine that works, and simple solutions for children's sleep problem behaviors. One-hour workshop

## Parenting Preteens & Teens- 10 through 18 years

### **COMMUNICATING WITH YOUR TEEN**

Are you frequently puzzled by strained conversations with your teen? Is your teenager shutting you out? This workshop discusses the connection between teen brain development and communication and offers strategies for getting closer to the teenager in your house. Two-hour workshop.

### **DISCIPLINE & YOUR TEEN**

*Why are we always at odds with each other? Why doesn't my teen just do what I asked?*

This class offers effective discipline techniques and communication strategies for parents of teenagers. Participants will also learn to recognize and understand developmentally appropriate behaviors of adolescents. Two-hour workshop.

### **NEEDS OF PRETEENS**

*"We just can't talk anymore!"* In this interactive class, learn effective pre-teen parenting techniques including: what to expect in your young teen (age 10 to 14); building a relationship; communication; and setting limits. Two-hour workshop.

### **PRETEENS IN THE WIRELESS AGE**

*"Digital divide or useful tool?"* The wireless age has added a new dimension to parenting children. Join us for an informative session and learn how to keep your preteens and teens safe while still enjoying the benefits of technology. Two-hour workshop.

## Parenting and Stress

### **BAH HUMBUG! MANAGING HOLIDAY STRESS**

Does the thought of the holidays stress you out? Learn some useful tips for de-stressing and enjoying the season. One-hour workshop

### **BALANCING WORK AND FAMILY**

*"Sometimes I wish there were two of me!"* This class teaches participants about the negative effects of imbalance between work and family. Parents will learn how to work together as a family, set goals, and prioritize between work and family. They will also learn guidelines to help reduce conflicts and build resilience within the family.

### **HELPING CHILDREN DEAL WITH STRESS AND SCHOOL TESTING**

This class teaches participants to recognize and respond appropriately to the positive and negative feelings of children and how to help them cope with the stresses they face. One-hour workshop

### **SUCCESSFUL BACK TO SCHOOL STRATEGIES**

Starting back to school is SUPER for some and STRESSFUL for others. Share and learn successful, positive strategies for mornings, bedtime, and homework. Learn the keys to involving children in activities while avoiding the stress and strain of taking on too much. One-hour workshop.

### **POSITIVE WAYS TO DEAL WITH STRESS AND ANGER (CÓMO MANEJAR EL ESTRÉS.)**

Examine the cause, effects, and signs of stress in adults and children. Identify ways we unknowingly create stress in our own lives and in our children's lives. Learn and Practice Nurturing Parenting techniques to help reduce stress in parents and children. One-hour workshop.

## **Parenting Dynamics**

### **CONFLICT RESOLUTION**

*"Can we work this out?"* Learn about sources of family conflict and the different styles and levels of conflict. This class also includes effective methods for diffusing conflict and problem solving as well as methods for helping children resolve their disputes. Two-hour workshop.

### **CONTROLLING ANGER IN THE FAMILY**

*"How can we control temper flare-ups?"* This class explains the physical and psychological causes of anger. Parents learn ways to control personal anger and to help children manage their angry feelings. Two-hour workshop

### **GRANDPARENTS RAISING GRANDCHILDREN**

Participants will learn current key child development concepts, common issues facing custodial grandparents/families, and tips for successfully coping with these problems. This class offers guidelines to help reduce conflicts and build resilient families. Two-hour workshop.

### **SINGLE PARENT SURVIVAL**

Learn ways to cope with common single parent challenges such as guilt, stress, communication, feelings of loneliness, and new relationships. Available in two-hour and one-hour formats.

### **STRENGTHENING STEPFAMILIES**

*Blended family, stepfamily, non-traditional family—how do we bring everyone together?* Participants will learn both the myths and realities of stepfamilies while discussing what it is that makes stepfamilies so unique. This class offers guidelines to help reduce the conflict surrounding stepfamily problems. Two-hour workshop

## **Parenting to Promote Healthy Emotional Development**

### **BUILDING CHILDREN'S SELF-ESTEEM (MEJORANDO EL AUTO-ESTIMA)**

*How can I help my child feel accepted, capable, and loved?* Discover ways to encourage your child and yourself. Learn how to help your family build on small accomplishments to reap big rewards! Two-hour workshop.

### **BULLYING (INTIMIDACION O ABUSO DE UN MENOR HACIA OTRO)**

Participants will learn the four types of bullying behaviors and the four roles that children play in bullying situations. Verbal bullying, social bullying, physical bullying, and cyberbullying will be discussed, with an emphasis on cyberbullying. Practical solutions will be offered for bullying prevention and response. Available in one and two-hour formats.

### **COMMUNICATING WITH RESPECT (CÓMO COMUNICARNOS CON RESPETO.)**

Are you tired of coming back to the same issues over and over? Or do you feel like no one ever listens to what you say? Come learn how to foster respect through communication in your family. Two-hour workshop.

### **HELPING CHILDREN HANDLE THEIR FEELINGS**

*Does it feel like everyone in the family is screaming at each other? Do your children melt down when told "no" or they are not getting their way?* This session is designed to increase parent's understanding and their abilities to recognize and understand their own feelings as well as their children's feelings. It is also designed to increase parent's ability to help their children manage and express their feelings. Two hour workshop.

### **POSITIVE BRAIN DEVELOPMENT (CÓMO FOMENTAR EL DESARROLLO CEREBRAL POSITIVO EN LOS NIÑOS Y EN LOS ADOLESCENTES)**

Children's brains are a work in progress. How they develop is related to the experiences they have in their early years. How a child's brain develops depends upon how the genes they're born with interact with the experiences they have. Join us to learn more about how parenting can positively influence a child's brain development. Two-hour workshop.

### **PRAISING CHILDREN AND THEIR BEHAVIOR (COMO ELOGIAR A LOS NIÑOS Y SU BUEN COMPORTAMIENTO.)**

Increase your understanding of the role of praise in our children's lives. Learn about the steps of praise, roadblocks we encounter, and the different goals of praise. Practice giving and receiving praise according to Nurturing Parenting techniques. Two-hour workshop.

### **TEACHING CHILDREN TO CARE**

*Kids today seem like they don't care!* Learning to empathize is a skill just like learning to read or how to build something, it has to be taught. But how do parents teach empathy in a world that seems uncaring? This session is designed to increase parents' understanding of the concept of empathy and how to develop it in their children. Two hour workshop.

## **Parenting Challenges**

### **PARENTING THE STRONG-WILLED CHILD (EL NIÑO CON COMPORTAMIENTO DIFÍCIL)**

*"Must she always challenge me?"* In this class, parents learn about the different traits of temperament and how these relate to the strong-willed child. The curriculum also includes: how parent temperament and parenting style affect child behavior, effective and respectful discipline techniques for the strong-willed child, and ways to nurture the child's positive qualities. Two-hour workshop.

### **PARENTING A CHILD WITH ADHD**

Learn effective ways of addressing issues that are common to the child with ADHD. Two-hour workshop.

### **PARENTING THE CHILD WITH SPECIAL NEEDS**

Parenting a child with special needs has its joys but also its difficulties. Join us for an informative workshop to celebrate the joys and discuss ways of coping with the unique challenges of parenting a special needs child. Two-hour workshop.

## **Series Workshops**

### **Nurturing Parenting Skills - Birth through the teen years**

This highly rated program provides an in-depth, psycho-educational approach to learning empathy, discipline, communication and other skills to enhance all relationships within the family. Unique to this curriculum is a children's session that teaches a compatible component, so that the family is working together on the same skill. Children ages 5-11 can attend.

Eleven week program, 2 hours each session.

### **S.T.E.P. (Systematic Training for Effective Parenting) - Birth through the teen years**

As our longest standing series program, this series of seven classes offers parents a foundational understanding of parenting skills. It teaches a positive approach to problem solving, communication and discipline. Each class is 2-hours. The S.T.E.P. series comprises the following workshops:

- Parenting Styles
- Birth Order-Family Beliefs and Birth Order
- Building Self-Esteem in Children
- Improving Communication
- Developing Responsible Children
- Positive Discipline
- Making Rules & Enforcing Consequences



### **Triple P – Positive Parenting Program**

Group Triple P is an 8-session session that gives parents the opportunity to learn through observation, discussion, practice and feedback. Triple P takes the guesswork out of parenting. It gives parents simple tips to help manage the big and small problems of family life, such as tantrums, bedtime battles, aggression, and more!

## **Professional Development Workshops**

### **CARING FOR THE TRAUMATIZED CHILD**

*"What kind of behaviors can I expect?"* Learn what types of behavioral challenges arise when a child has been abused or traumatized and discover how to meet the traumatized child's unique needs without sacrificing your own well-being. This class is highly recommended for foster parents and clinicians. Two-hour workshop

### **COMPASSION FATIGUE**

Compassion Fatigue can profoundly affect those in the business of helping others, at both a personal and professional level. This interactive class is designed to explore the causes and symptoms and to help participants develop strategies for preventing or combating Compassion Fatigue. Two-hour workshop

### **ETHICS**

Identify both your own prioritized values and various foundations of ethical principles. Learn what steps you can implement to make appropriate ethical choices in the workplace. Three hour workshop.

### **NO HIT ZONES®**

No Hit Zones (NHZ) is a movement across the county to support healthy relationships and safe environments across the lifespan, focus on prevention of problems and supportive intervention when needed, and promote nonviolent conflict resolution skills. NHZ programs strive to prevent hitting through strategies that increase awareness, provide education, and build skills. The primary goal of NHZ includes the prevention of hitting a child as a form of punishment. Gundersen National Child Protection Training Center adopted NHZ in 2014 and provides the curriculum and training to help organizations provide safe environments.

### **RECOGNIZING AND REPORTING CHILD ABUSE**

Learn about child abuse and neglect and how those issues relate to the Texas Family Code. Early identification of warning signs, abuser risk factors, and mandatory reporting requirements will be discussed. This class is available with CEUs for social workers. Two-hour workshop

### **SOS! HELP FOR CHILDCARE STAFF**

Learn skills for child behavior management and effective methods for communicating with difficult parents/people. This is a great class for childcare professionals and for earning foster parent in-service hours. Two-hour workshop

### **TRANSFORMATIVE FAMILY ENGAGEMENT**

Engaging families can be difficult for any organization. Learn the principles of moving an organization from involving parents to engaging parents by building relationships and becoming influential in the lives of families. Three-hour workshop.

## Online Classes for Parents

These classes are available for parents to take individually at home. They are a self-paced format which allows for the flexibility to work in small portions as they have time. These are not offered as part of the group workshops.

### **Self-Paced Format:**

- Rules & Consequences
- Communicating with Your Teen
- The Birds and the Bees, Before Grade Three
- Managing Temper Tantrums
- Beyond Chore Charts: Raising Responsible Children