



WORKSHOP DESCRIPTIONS 2013

*For more information on scheduling and fees, contact Suzanne Stevenson, Family Life Education
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General Parenting Workshops-Birth through the teen years

**Workshops available in Spanish are noted.*

ALTERNATIVES TO SPANKING

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

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.

DEVELOPING RESPONSIBLE CHILDREN (NINOS REVELADORES DE RESPONSIBLE)

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

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 (COMUNICACIÓN POSITIVA)

“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 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

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, STAGES AND EXPECTATIONS OF INFANTS and TODDLERS

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.

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.

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 TODDLERS (18 months to 3 years)

"Why won't he use the potty?" Learn what normal behavior is and how to solve problems around toilet training, sleep, and temper tantrums. Daycare minimum standards for toddler care will be discussed briefly. Two-hour workshop.

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

Is all of that stomping, yelling, and thrashing starting to wear you out? Find out what's really going on with your child and practice effective emotional management strategies. Also, is time-out becoming more of a hassle than a help? Learn how to use time-out effectively with 2-5 year olds and to overcome common mistakes parents make. 2 hour workshop
The elements of this workshop are also available in a one-hour online webinar format, titled: Managing Temper Tantrums or Using Time-Out Effectively. Two-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

Parenting Preteens & Teens- 10 through 18 years

BABY SITTING SKILLS FOR TEENS

Ensure your children receive the best possible care by encouraging your teen babysitter to attend. Say “thank you” to your babysitter by offering to pay his/her registration fee! Feel free to attend with your babysitter to become familiar with the strategies being taught. (One adult invited to attend for free with each paying teen.) Two-hour workshop

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-hourworkshop

BALANCING WORK AND FAMILY

“I'm worn out and frustrated.” Evaluate strategies for solving the unique problems of working parents. Learn effective methods for holding family meetings. Available in two-hour and one-hour formats.

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 FOR THE FAMILY

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

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

DEVELOPING FAMILY TRADITIONS

Do you want your child to always remember that "little something special" about your family? Come share and learn strategies for creating family traditions all year long. One-hour workshop

GRANDPARENTS RAISING GRANDCHILDREN

Raising grandchildren presents a unique set of circumstances and family dynamics. Join us to brush up parenting skills and explore the ups and downs of raising grandchildren. Learn more about community resources and discover you are not alone. Two-hour workshop.

SINGLE PARENTING: 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 Foster Healthy Emotional Development

BUILDING CHILDREN'S SELF-ESTEEM (CONSTRUYENDO AUTOESTIMA EN SU HIJO/A)

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

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.

NURTURING OURSELVES WITH NURTURING OUR CHILDREN

Is taking time for yourself always placed on the backburner so that you can meet the needs of your family? Come to this interactive class that explores the needs of parents and offers helpful strategies for meeting your own needs while enhancing your ability to be there for others. One or Two- hour format.

PRAISING CHILDREN AND THEIR BEHAVIOR

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.

RECOGNIZING AND UNDERSTANDING FEELINGS

Explore and define feelings of comfort and discomfort. Practice recognizing feelings in children and learn Nurturing Parenting techniques to teach children how to manage their emotions. Two-hour workshop

Parenting Challenges

PARENTING THE STRONG-WILLED CHILD

"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 ADHD child. Two-hour workshop.

PARENTING CHILDREN 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 six 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
- Building Self-Esteem in Children
- Improving Communication
- Developing Responsible Children
- Positive Discipline
- Making Rules & Enforcing Consequences

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. 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: SHADES OF GRAY

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. Two or three hour formats available.

POSITIVE DISCIPLINE FOR CHILDCARE SETTINGS

"Why do children misbehave?" Learn effective, positive methods for managing behavior and ways to eliminate many discipline difficulties in your childcare setting. Two-hour workshop

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 PARENTS AND CAREGIVERS

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

UNDERSTANDING AND IMPROVING ATTACHMENT

The bond between child and caregiver is crucial to normal development. Learn the basics about attachment in infants and children, including information on the long-term effects of both healthy and unhealthy attachment. This class is also appropriate for foster parents and child professionals. Two-hour workshop

Classes Available Online**Webinar Format:**

- Why Family Rules Don't Work
- Managing Temper Tantrums
- Using Time-Out Effectively
- Bedtime Routines that Work

Self-Paced Format:

- Rules & Consequences
- Communicating with Your Teen
- The Birds and the Bees, Before Grade Three