



What Classes Should I Take?

CURRENT ISSUES	SUGGESTED CLASSES	SUPPLEMENTARY CLASSES
I am looking for a <u>series class</u> .	<ul style="list-style-type: none"> Nurturing Parenting Series 	<ul style="list-style-type: none"> STEP Series Empowering Families Project
I am having issues <u>following through with discipline and with child compliance</u> .	<p>Nurturing Parenting Series</p> <ul style="list-style-type: none"> Communicating with Respect Developing Family Morals, Values & Rules <p>STEP</p> <ul style="list-style-type: none"> Making Rules, Enforcing Consequences Improving Communication Parenting Styles 	<ul style="list-style-type: none"> Using Time-out Effectively
I want to <u>learn discipline techniques that are alternatives to spanking, yelling or other punitive methods</u> .	<p>Nurturing Parenting Series</p> <ul style="list-style-type: none"> Managing Stress and Anger Alternatives to Spanking <p>STEP</p> <ul style="list-style-type: none"> Positive Discipline Building Self-Esteem 	<ul style="list-style-type: none"> Controlling Anger in the Family
I am overwhelmed with a <u>toddler/preschooler</u> who is having tantrums and meltdowns.	<ul style="list-style-type: none"> Temper Tantrums/Time Outs Taming Toddlers Ages & Stages of Infants and Toddlers Discipline for Young Children 	<ul style="list-style-type: none"> Positive Discipline Controlling Anger in the Family Managing Stress and Anger Parenting the Strong Willed Child
I am dealing with an out of control <u>teenager</u> . I need tools for enforcing rules with a teen.	<ul style="list-style-type: none"> Discipline and Your Teen Communicating with Your Teen Conflict Resolution 	<ul style="list-style-type: none"> Controlling Anger in the Family Managing Stress and Anger Parenting the Strong Willed Child
I need parenting techniques for a child with <u>ADHD or other emotional or behavioral special needs</u> .	<ul style="list-style-type: none"> Nurturing Parenting Series Parenting the Child with ADHD Parenting the Child with Special Needs 	<ul style="list-style-type: none"> Parenting the Strong Willed Child Positive Discipline
I am a <u>foster/adoptive parent</u> .	<ul style="list-style-type: none"> Nurturing Parenting Series Understanding Attachment 	<ul style="list-style-type: none"> Parenting the Child with Special Needs Compassion Fatigue Caring for the Traumatized Child
I am getting <u>re-married</u> and my child is having a hard time.	<ul style="list-style-type: none"> Nurturing Parenting Series 	<ul style="list-style-type: none"> Building Self Esteem Strengthening Stepfamilies
I want to work on my <u>couple relationship</u> as well as my parenting.	<ul style="list-style-type: none"> Empowering Families Workshop – Participants receive \$60 off the marriage license fee and may be eligible for a \$200 incentive. 	<ul style="list-style-type: none"> Strengthening Stepfamilies (if couples have children)

For More Information Please Visit Our Website – theparentingcenter.org Or call 817-332-6348

The Parenting Center–Series FAQs



Question	Answer		
<p>What is the Nurturing Parenting Series?</p>	<p style="text-align: center;"><u>Nurturing Parenting Series</u> 2 hours once a week for 11 weeks</p> <ul style="list-style-type: none"> This is our highest rated program for parents who desire to build skills, better understand and apply positive discipline techniques, and enhance empathy and relationships within the family. Participants receive a parent workbook, process and home practice journal and individualized assessments at the start and end of the program. This evidence based program will provide participants with an in depth psycho-educational process. Class topics include: <table border="1" data-bbox="407 695 1511 999"> <tr> <td data-bbox="407 695 883 999"> 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 </td> <td data-bbox="886 695 1511 999"> NP 8: Recognizing and Understanding Feelings, Owning and Communicating Our Feelings NP 9: Helping Children Handle Their Feelings, Establishing Nurturing Parenting Routines NP 10: Problem Solving, Decision Making, Negotiating and Compromise NP 11: Creating a Nurturing Parenting Plan </td> </tr> </table>	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: Recognizing and Understanding Feelings, Owning and Communicating Our Feelings NP 9: Helping Children Handle Their Feelings, Establishing Nurturing Parenting Routines NP 10: Problem Solving, Decision Making, Negotiating and Compromise NP 11: Creating a Nurturing Parenting Plan
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: Recognizing and Understanding Feelings, Owning and Communicating Our Feelings NP 9: Helping Children Handle Their Feelings, Establishing Nurturing Parenting Routines NP 10: Problem Solving, Decision Making, Negotiating and Compromise NP 11: Creating a Nurturing Parenting Plan		
<p>What is the STEP Series?</p>	<p style="text-align: center;"><u>Systematic Training for Effective Parenting (STEP)</u> (2 hours a week for 7 weeks)</p> <ul style="list-style-type: none"> This is our longest standing series program for Parenting Education. The STEP classes will provide parents with a foundational understanding of parenting skills. <table border="1" data-bbox="435 1209 1474 1352"> <tr> <td data-bbox="435 1209 899 1352"> STEP 1: Parenting Styles STEP 2: Birth Order STEP 3: Building Self Esteem STEP 4: Improving Communication </td> <td data-bbox="902 1209 1474 1352"> STEP 5: Developing Responsible Children STEP 6: Positive Discipline STEP 7: Making Rules, Enforcing Consequences </td> </tr> </table> <p style="text-align: center;">*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 .</p>	STEP 1: Parenting Styles STEP 2: Birth Order STEP 3: Building Self Esteem STEP 4: Improving Communication	STEP 5: Developing Responsible Children STEP 6: Positive Discipline STEP 7: Making Rules, Enforcing Consequences
STEP 1: Parenting Styles STEP 2: Birth Order STEP 3: Building Self Esteem STEP 4: Improving Communication	STEP 5: Developing Responsible Children STEP 6: Positive Discipline STEP 7: Making Rules, Enforcing Consequences		
<p>Why should I take a complete series?</p>	<p>Although it is not required, <u>we highly suggest that all parents consider joining a series class.</u> This is especially true if they are already considering taking multiple classes. Our series cover MANY 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></p>		
<p>I have limited or no income, are scholarships available?</p>	<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. The Nurturing Parenting Series is not eligible for scholarships. You must begin the scholarship application process one week prior to the class/series. To apply, 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 STEP & Nurturing Parenting Series.</p>		

For More Information Please Visit Our Website – theparentingcenter.org Or call 817-332-6348