



Family & Community Support Systems, LLC

2011 Parent Education Classes

Easy-to-Learn
Parenting Solutions

By Dr. Thomas Phelan

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Don't Bother Me: Parent support if your child is being bullied or is the bully

Wed., January 19 ~ 6:00 -7:30 pm

Is bullying affecting on your child? How can you tell? Learn what to look for, how to deal with bullying as a parent and how to help your child navigate through this potentially consuming and harmful experience.

Great Expectations - Developmental Stages in Children

Tues., February 1 ~ 9:30 -11:00 am or Wed., February 16 ~ 6:00 -7:30 pm

Is that Normal? Techniques and resources to help one understand normal developmental stages in youth 5-18 years old and resources to consult when children are at extremes.

Chores or Wars: Ending the power struggles of giving your children chores

Tues., March 1 ~ 9:30 -11:00 am or Wed., March 16 ~ 6:00 -7:30 pm

What can the children do around here to help and when can they start? Explore the benefits of giving children chores, determining age appropriate chores, responsibility for follow through, consequences, rewards, allowances and chore charts.

Stages of Parenting

Tues., April 5 ~ 9:30 -11:00 am or Wed., April 20 ~ 6:00 -7:30 pm

Bring your traveling shoes as we walk from infancy to adulthood. Learn what stage you are in and helpful transitional tips to get your child from one stage to another in a healthy manner.

Talking to Teens: Friend, Foe or Don't Know...

Tues., May 3 ~ 9:30 -11:00 am or Wed., May 18 ~ 6:00 -7:30 pm

The manual for parenting teens is always being revised. We'll review the characteristics of a teenager and how we can "survive" these years without feeling defeated.

Growing Up Too Fast: Practical ways to monitor your child's attire, what they watch, company they keep, internet safety and "sexting"

Tues., June 7 ~ 9:30 -11:00 am or Wed., June 15 ~ 6:00 -7:30 pm

Are your children 9 going on 29 and 14 going on 24? Do they seem to be growing up too fast? How can you help them be a kid even as they resist? Learn ways to balance being a consistent, fair, yet NOSEY and informed parent.



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to register online

Developing Positive Self-Esteem in Children

Tues., July 5 ~ 9:30 -11:00 am **or** Wed., July 20 ~ 6:00 -7:30 pm

Is it REALLY that important? We'll define the term "self esteem"; its origin, relevance, and how we can improve it in our children. Learn practical steps to help your "tweens" and "teens" develop into balanced and healthy adults.

Keeping Your Child Safe

Tues., August 2 ~ 9:30 -11:00 am **or** Wed., August 17 ~ 6:00 -7:30 pm

The first paragraph of the *Serenity Prayer* has never been more applicable as when applying it to parenting: *God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.* This class will explore practical steps parents can take to create safe zones for their children.

Time for Me-Guilt Free (all parents need time to recharge and reload)

Tues., September 6 ~ 9:30 -11:00 am **or** Wed., September 21 ~ 6:00 -7:30 pm

What about me, the parent? I get so tired and frustrated, but I feel like I am taking something from the children if I do something for myself. Learn the importance of "Me Time" as a parent and techniques to help achieve a parental balance.

The Discipline Dilemma: When, Where & How to Set Limits?

Tues., October 4 ~ 9:30 -11:00 am **or** Wed., October 19 ~ 6:00 -7:30 pm

Are you confused after reading all those books or watching "Super Nanny?" Learn the practical steps to setting limits and how to assign naturalistic consequences.

Successful Co-Parenting: Refereeing arguments with your new spouse or ex-spouse

Tues., November 1 ~ 9:30 -11:00 am **or** Wed., November 16 ~ 6:00 -7:30 pm

Why can you never see eye to eye on how to make decisions regarding the children? Explore the goal, stages, and styles of parenting and learn how to work together for the benefit of the children.

Keep It Simple & Keep It Moving

Tues., December 6 ~ 9:30 -11:00 am **or** Wed., December 14 ~ 6:00 -7:30 pm

Is clutter weighing you down in your home, on your job and in other areas of your life? Learn simple life skills designed to organize, within and without, and to help you move into the New Year with goals and strategies that will work for you!

\$10 per class (cash or money order)



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to register online