Parenting skills are something we learn, not something we are born with. Being a more effective parent or caretaker is possible for everyone!

This course can help get your parenting skills to where you want them to be. It covers a broad range of topics, including what parenting skills are, child development, understanding temperament, intellectual development, communicating with your kids, the dynamics of discipline, instilling self-esteem, teaching children values, meeting their needs, being a good role model, and more!

This course will help you understand your child's personality, challenges, and how to go about being the most effective parent you can be! You will learn about those things that are crucial in the first years of life, how to use positive discipline, avoid power struggles, and how to determine a need from a want.

* *Parenting*
Parenting 101

★ Understanding Brain Development
★ Cognitive Development
★ Meeting Your Infant's Developmental Needs
★ How to Guide and Nurture Healthy Emotional Development
★ Making Sense of Your Child's Temperament
★ Raising Creative Thinkers
★ Developing Life Skills in our Children
★ Developing Child's Intelligence
★ Transmitting Values to Children
★ Building Self-Esteem
★ How Parents Can Encourage Problem-solving

* Child Care
Anger Management

Discipline is certainly a sore topic for most parents. Even the most well-meaning parent can loose his/her cool when the kid tries to test his/her parent's limits. Unfortunately, there is no quick-fix way of dealing with indiscipline and tantrums. The parenting workshops related to discipline help parents understand the reason for their child's behavior. These workshops explain how to deal with such behavior without punishing or screaming at the child.

★ Understanding and Dealing with Challenging Behavior
★ Understanding Toddlers and Those Terrific Twos
★ Aggression in Children
★ Taming Toddler Tantrums
★ Dealing with Sibling Rivalry

**Aggression & Community Violence**
Explore the impact mass systemic involvement in Community Violence has on disadvantaged neighborhoods. Examine how children who are negatively impacted by Community Violence filter choices that feed poverty and criminality and further perpetuate the disenfranchisement of these communities.

**Anger Management**
Explore:  What is and is not anger;  Social skill development;  Helping children understand and express feelings;  Helping adults understand and express feelings appropriately;  Positive coping and defensive strategies;  Prevention and de-escalation techniques.

* Decision Making
Future Planning/ Education

★ Academic Motivation
★ Managing Homework Problems
★ How to Learn through Play
★ Improving Parent-Teacher Communication

* Infant and Toddler Health
Child & Family Nutrition
Healthy Relationships

It is important for parents to understand value of communication between them and their children. Most parents complain that their children just do not listen. However, have you ever taken a step back and wondered why. This could be due to ineffective communication strategies. So, even if you tell your child the same thing a thousand times, he/she would probably not respond to it. The workshop topics that deal with communication issues allow parents to replace ineffective communication strategies with ones that are reflective, empathic, and effective.

* Stress Management
Abuse & Neglect

* *Life Skills*
Healthy Relationships
Mental Health
Legal Issues
Financial/Budgeting
Career Planning
Drug Education
Decision Making
Housing

Introduction to Parenting Skills

a.    What are parenting skills?

b.    What makes for a good parent?

c.    What is the mission of a parent?

d.    Raising responsible kids who will be responsible adults.

e.    Cultural differences in parenting

II.             Understanding Child Development

a.    Overview of how a child develops mentally

b.    Having realistic expectations in accordance with age

c.    Separations and attachment parenting

III.           Understanding Temperament

a.    What is temperament and why does it matter?

b.    Parenting those with difficult personalities, strong-willed personalities, or personality disorders (including issues such as ADD/ADHD)

c.    Parenting teenagers

IV.           Encouraging Intellectual Development

a.    Teaching habits to encourage learning

b.    Handling homework and studying

c.    Motivating children to study, do chores, etc.

d.    Practice in the arts

e.    Modeling achievements

f.     Setting expectations

V.             Communicating with Your Kids

a.    Listening

b.    Respecting their feelings

c.    Teaching them how to effectively communicate and handle their anger

d.    Identifying and handling power struggles

VI.           The Dynamics of Discipline

a.    What is discipline?

b.    Having consequences, consistency and accountability.

c.    Using positive discipline

d.    Uniting parents, caregivers, relatives, etc.

e.    Addressing sibling rivalry

f.     Take-charge techniques for parents

VII.         Instilling Self Esteem In Your Child

a.    Empowering children

b.    Effective praise

c.    Avoiding over-praise and why it is important

d.    Character building

e.    Teaching your child tolerance

VIII.       Teaching Your Child Values

a.    What are values and morals

b.    Why they are important

c.    Some common morals/values

d.    How to teach them to your child

IX.           Supporting Your Child’s Socialization

a.    What it is and why it is so important

b.    The socialization process throughout development stages (social milestones, group play, etc.).

c.    The impacts it has on personality

d.    Ways to help children socialize

X.             Meeting Your Child’s Needs

a.    What are their basic needs

b.    Meeting them physically, emotionally

c.    Ensuring and caring for their health and safety

XI.           Being a Good Role Model

a.    Importance of

b.    Messages you are sending

c.    Particular areas to monitor

                                                    i.    Having patience

                                                   ii.    Handling anger management

                                                 iii.    Demonstrating respect, morals/values, etc.

XII.         Diverse Family Situations

a.    Challenges they may pose

b.    Types of and challenges of:

                                                    i.    Co-parenting, divorces

                                                   ii.    Single parents

                                                 iii.    Adoptions

                                                 iv.    Gifted or challenged children

                                                  v.    Grandparents raising their grandchildren

XIII.       10 Things That Will Make a Huge Difference (and why)

a.    Eat dinner together

b.    Learn to apologize and show forgiveness

c.    Model good behavior

d.    Create a happy home

e.    Focus on their emotional intelligence

f.     Teach them confidence

g.    Forget focusing on their friendship

h.    Have realistic expectations

i.      Keep family time a top priority

j.      Show affection daily

XIV.       Practice for Improvement

a.    Getting better all the time

b.    Striving for improvement

c.    Learning from mistakes, breaking cycles

d.    Understanding nobody is perfect

XV.         Resources for parents

Financial Literacy/ Competency

Health Education, including sex ed and first aid/ CPR, Basic sanitation, hygiene, diet/ wellness

**Understanding Sexual Trauma & Subsequent Behaviors**
Study Sexual Trauma, symptoms, recovery and treatment in foster children. Examine the impact of sexual trauma on children and how it leads to subsequent sexually acting out behaviors. Study tools that will help you to work with sexually-traumatized kids.

Communication

 Establishing open lines, seeing pro-action vs reaction, modeling positive behavior, exposing children to positive experiences inside/ outside (when available) to develop and appreciate life and creativity, peer interaction and socialization, respect and manners open doors that money cannot

Obtaining/ Maintaining Jobs

Life Goals and Dreams – Future Planning

Becoming Self Reliable/ Sustainable