



2016-17 IUSD Parenting Support Classes

#1 - POSITIVE DISCIPLINE for Building Capable Kids *FOR PARENTS OF K-12 – 6 weeks*

This innovative class teaches parents of **children and teenagers** to use kindness and firmness at the same time, to teach life skills, and encourage self-respect, self-discipline, cooperation, good behavior and problem-solving. Learn positive discipline strategies that work better than punishment while you **promote responsibility and mutual respect for everyone in your home.** This information will change the way you parent! Save your sanity on a daily basis and help children and teens become capable and resilient. They will do better because they feel better. *Led by Vibha Arora, Certified Positive Discipline Trainer – 3 sessions offered*

MONDAY EVENINGS – Creekside Education Center – 6:30-8:30 pm- starts January 30

WEDNESDAY EVENINGS – Beacon Park School - 6:30 pm - 8:30 pm – starts February 1

WEDNESDAY MORNINGS – Beacon Park School - 9:00 am - 11:00 am – starts February 1

\$70 per person/\$85 couples. Winter Session – starts Jan 30/Feb 1 Spring Session starts April 17

#2 ACTIVE PARENTING OF TEENS - *FOR PARENTS OF 12 to 18 year olds – 6 weeks*

Active Parenting of Teens is a highly acclaimed video based workshop for parents and others that will help you gain the knowledge and skills needed to provide positive effective parenting with pre-teens and teens. Learn effective ways to instill courage and self-esteem, deal with negativity, develop responsibility, win cooperation, increase positive communication, and deal with challenging topics like values, emotion management, problem-solving and life skills.

Led by Cheri Wood, MA, IUSD Guidance Resources, certified Active Parenting Trainer – meets at Creekside Ed Center

THURSDAY EVENINGS from 6:30pm to 8:30 pm- 6 Weeks - \$70 per person/\$85 couples

Fall Session - starts November 10 Winter Session starts February 2 Spring Session starts April 20

#3 - ACTIVE PARENTING NOW *FOR PARENTS OF 2 to 12 year olds – 6 weeks*

Being a parent today often seems more difficult than ever before. Kids and families face social and emotional pressures far different from those in the past. Positive parenting skills and healthy family communication are more important than ever. Learn effective alternatives to punishment, eliminate power struggles, increase positive communication and teach crucial life skills. Help your kids develop responsibility, self-discipline, life skills and resiliency through this video-based workshop.

Led by Cheri Wood, IUSD Guidance Resources, certified Active Parenting trainer – meets at Creekside Ed Center

WEDNESDAY EVENINGS – 6:30 to 8:30 pm – 6 weeks \$70 per person/\$85 couples

Fall session – starts Nov 9 Winter Session starts – February 1 Spring Session starts – April 19

#4 - WHY IS SCHOOL SO HARD? *FOR PARENTS OF K-8 - 4 weeks*

For some students, school seems to be so much harder than it does for others. Executive function skills are the challenge. These students struggle with a variety of organizational issues which negatively impact their ability to succeed in school. Join us for a special series that will improve your understanding of these issues and provide you with hands-on strategies. **Topics Covered Include:** Getting Organized, Homework Hassles and Meltdowns, Planning and Time Management, Successful Morning and Nighttime Routines, Messy Backpack Syndrome, Understanding the Root Causes of School Problems and Finding Constructive Solutions. *Led by Dr. Diana Karjoo, Kelly Rafter, Christina Estanislao, Dr. Greg Koch from Kids' Potential – meets at Creekside Ed Center \$60 per person/\$75 couples*

THURSDAY EVENINGS – 6:30-8:00 - Starts February 23, 2017

#5 – HELPING YOUR CHILD SUCCEED IN SCHOOL *FOR PARENTS OF K-8 – 6 weeks*

Get support and skills for dealing with homework, problem-solving school challenges, encouraging motivation, learning about test-taking, understanding your child's learning style, encouraging a positive attitude and social-emotional skills for school success – all using Positive Discipline and Active Parenting strategies.

Led by Cheri Wood, IUSD Guidance Resources, certified Active Parenting trainer – meets at Creekside Ed Center

MONDAY MORNINGS – 9:30 - 11:30 – 6 weeks – \$70 per person/\$85 couples

Fall Session - starts November 9 Winter Session starts - January 30 Spring Session - starts April 17

Classes Fill Quickly – call today – sorry no childcare – some scholarships available
REGISTER AHEAD - Call Susan Holt at 949-936-7502 or email susanholt@iusd.org