

## Common Sense Parenting of Toddlers and Preschoolers

Discussion-based program with a video to supplement

Topics include:

- *Understanding Child Development*
- *Setting Expectations for Your Child*
- *Ways to Nurture Your Child*
- *Your Role as Teacher*
- *Using Consequences to Change Behavior*
- *Giving Reasons Kids Understand*
- *Using Praise Effectively and Often*
- *Teaching Social Skills to Kids*
- *Teaching Before Problems Occur*
- *Dealing with Your Child's Misbehavior*
- *Making a Plan to Stay Calm*
- *Teaching Your Child Self-Control*
- *Enhancing Family Life*

The number of sessions can be adjusted for each group, but 5 sessions often work best.

Topics will be chosen to meet the needs of the group.

Program length can vary from one to two hours.

## Survival Skills for Healthy Families

Discussion-based program

Topics include:

- *Clarifying Attitudes and Expectations*
- *Effective Rules and Boundaries*
- *Preserving Family Strengths*
- *Problem Solving*

The number of sessions can range from 3-5.

Program length can vary from one to two hours.

This program works best with groups of 20 people or less.

## 1-2-3-4 Parents (Active Parenting Publishers)

Video-based program

Topics include:

- *Ages and Stages of Development*
- *Parenting Styles*
- *Discipline Techniques*
- *Choices and Consequences*
- *Power of Encouragement*

Groups need to meet for 3 sessions for 60-90 minutes each time.

## One-Time Parent Education Programs

Workshops on a variety of parenting and child development topics can be tailor-made for your organization. Contact us to discuss details.

## Payment Options

Sponsoring organizations can opt to pay a flat fee, the amount is dependent on the length of the program, to the Family Life Council. Some groups choose to charge participants a minimal fee and then the organization makes up any difference between the agreed upon price and fees collected. A final option is to simply charge participants a fee that will be collected by the Family Life Council.

The actual rate will vary somewhat depending on preparation needs, travel time, and the number and length of sessions. Generally, we ask for a minimum of \$50 per program hour. Contact Rebecca Starnes, MS, to discuss specific needs of your organization and to plan a program for your organization – [rstarnes@flcgso.com](mailto:rstarnes@flcgso.com) or 336-333-6890 ext. 227.