

# Active Parenting 1, 2, 3, 4

## (For Parents of Preschool Children)

This three session Active Parenting series will provide parents with guidance and support to transform the challenges of raising their children into opportunities for growth. Participants will learn:

- Learn all about developmental stages of preschool aged children
- Distinguish three styles of parenting: “too hard”, “too soft”, and “just right”
- Learn the importance of building a parent/child bond, while emphasizing play
- Understand the importance of parent self-care and have parents begin developing a self-care plan
- Define discipline
- Understand the importance of choices with young children to prevent misbehavior
- Learn the ACT model for redirecting misbehavior
- Using rules consistently
- The importance of routines and expressing affection
- Understand the choice and consequences as a discipline method
- Handling tantrums
- Build awareness of how to encourage children
- Practice methods of encouragement

Learn how to become an encouraging parent ... and much more, including important issues such as alcohol and other drugs. Join us at the next session and see the difference ... as you make positive and realistic changes in your family's daily routine to gain greater happiness in your home! Choose one 3-part session below:

**Dates 2013: September 17, October 1, October 15**

**Time: 6:30 p.m. until 8:30 p.m.**

**Location: Mirror Lake Elementary  
(Media Center)  
1200 NW 72<sup>nd</sup> Avenue, Plantation, FL 33313**

**Presenters: Gigi McIntire, Guidance Counselor, NBCT, Mirror Lake Elementary, Certified Active Parenting Leader  
Dr. Robin Thornton, Speech Language Program Specialist, ESE/Support Services, Certified Active Parenting Leader**

**No registration required! If you would like more information, contact Carol Beitler, FDLRS Program Specialist-Parent Services at 754.321.3466 or [carol.beitler@browardschools.com](mailto:carol.beitler@browardschools.com)**  
**ESE Parent Workshop Information is available on the ESE website**  
**<http://www.broward.k12.fl.us/studentsupport/ese/html/WORKSHOP.htm>**



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# Active Parenting Now!

(For Parents of Children ages 5-12)

This six-session Active Parenting series will provide parents with guidance and support to transform the challenges of raising their children into opportunities for growth. Participants will learn:

- Styles of parenting
- Positive skills for clear, honest communication
- Respectful basic and advanced discipline techniques to teach your child to make better choices resulting in appropriate behavior
- Using the Think-Feel-Do Cycle and BANK method to intervene and build self-esteem
- Concrete strategies to prevent risky behavior and help your child to resist peer pressure
- Problem solving methods including using family meetings and the FLAC method
- 4 goals of your child's behavior
- Decreasing power struggles
- Handling anger

Learn how to become an encouraging parent ... and much more, including important issues such as alcohol and other drugs. Join us at the next session and see the difference ... as you make positive and realistic changes in your family's daily routine to gain greater happiness in your home! Every Participant will receive the book, Parents Guide to Active Parenting, by Dr. Michael Popkin. Choose a series of sessions below:

<b>Dates 2013:</b>	<b>September 10, September 17, September 24, October 1, October 5, and October 15</b>
<b>Time:</b>	<b>6:00 p.m until 8:00 p.m.</b>
<b>Location:</b>	<b>AC Perry Elementary 6850 Southwest 34<sup>th</sup> Street, Miramar 33023</b>
<b>Presenter:</b>	<b>Bonnie Cronenberg, School Psychologist and Active Parenting Leader, Broward Schools</b>

**No Registration Required! For more information, contact Carol Beitler, FDLRS Program Specialist-Parent Services at 754-321-3466 or [carol.beitler@browardschools.com](mailto:carol.beitler@browardschools.com) ESE Parent Workshop Information is available on the ESE website <http://www.broward.k12.fl.us/studentssupport/ese/html/WORKSHOP.htm>**



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