

ADDITIONAL TOPICS

For more information/questions regarding a parenting class, please email Carol Bolger at cbolger@casadelosninos.org.

Active Parenting Series (Offered in English and Spanish)

Session 1 - Communication and Cooperation: Parents identify styles of parenting and how these styles impact issues such as establishing mutual respect, problem-handling, and cooperation within the family.

Session 2 - Discipline and Responsibility: Parents discover the importance of teaching personal responsibility and implementing effective techniques of discipline particularly in developing consequences for poor behavior. Family meetings are explored.

Session 3 - Power, Courage and Self-Esteem: Parents gain an understanding of how to build esteem; defuse power struggles, and utilizing the power of encouragement to influence

Preparing Your Child for Kindergarten

Starting Kindergarten is a milestone in a child's life! Parents find out how to build their child's skills at home, the value of visiting the school together, and preparing for the first day of school. This class will help both parent and child succeed! (Offered in English and Spanish)

Childhood Nutrition-Raising a healthier generation of

children: This training gives parents and caregivers the tools they need to make the best nutritional choices for their child, starting at birth! It conveys a powerful message: what we feed our children matters and instilling healthy eating habits early in childhood can prevent obesity later in life. (Offered in English and Spanish)

How to Raise Emotionally Healthy Children

This interactive video-based training teaches parents how to create an emotional connection so their child can thrive. **Part 1- Infant Part 2- Toddlers Part 3 - Preschoolers**

1-2-3-4 PARENTS!-Parenting Children ages 1-4

This video based program is perfect for new parents and early childhood staff training. It addresses basic parenting skills, including non-violent discipline techniques that encourage positive behavior in young children. (Offered in English and Spanish)

Loving Discipline for Ages 1-5

This class will focus on strategies to enhance a positive parent-child relationship using positive guidance and a nurturing approach to discipline with young children. (Offered in English and Spanish)

Grandparents: Roles and Boundaries

Healthy Boundaries are an important part of any relationship. This class will focus on healthy boundaries in parent-grandparent relationships.

Tantrums! Managing Meltdowns in Public & Private

Managing a meltdown can be challenging as a parent. This class will explain exactly what to do and what not to do when your child is having a meltdown.

The Postpartum Period: What Happens After the Baby Comes?

Postpartum can be very real after delivering a baby and something that many moms experience. Many changes are happening your baby enters the world and it is important that you and your family know how to cope with these changes physically and emotionally. Learn about the importance of these changes, how trauma and fear affect this adjustment period, and ways to cope with these.

Why Does My Child Misbehave

This class will focus on what makes children behave and misbehave. Parents will learn the strategies to support positive behavior in children.

Teaching Positive Discipline

This session will help parents understand their role as teachers of their children. Parents will be able to observe and specifically describe children behaviors. They will also explore how positive and negative consequences affect children's behaviors and learn strategies that encourage positive discipline and cooperation.

Encouraging Good Behavior

In this session, parents will learn about the benefits of giving children reasons to encourage good behavior. Parents will also understand the importance of praising their children using effective praising strategies that show approval and motivates good behavior in children.

Preventing Problems

Preventive teaching is the practice that teaches and encourages healthy and positive social skills. In this session, parents will explore preventive teaching strategies that give children tools to get along with others and make appropriate decisions.

Tips for Parents Teaching Children at Home during Coronavirus

This class will provide helping hints and tips to parents who find themselves suddenly teaching their children from home, or who are overseeing their child's virtual learning.



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Staying Calm! Strategies for Correcting Problem Behavior

During high-stress situations, it may be difficult to stay calm and correct problem behavior. In this session, parents will create a staying calm plan and learn about the strategies used to correct problem behavior using teaching as a form of positive discipline.

Teaching Self-Control

In this session, parents will learn the strategies to practice and teach self-control to their families. This important skill allows children and adults to think and learn from their decisions.

The Struggle is Real

To be the BEST parent, we need to be our BEST self which includes managing our stress before it takes over. Stress is the tension you feel when faced with the pressures of daily life—but too much stress can be harmful. This class helps parents learn how to deal with the challenges of parenting while learning methods of reducing their stress and that of their children.

The Relationship between Anger and Violence

This class explains the relationship between anger and violence. The facilitator will present strategies that helps the whole family in how to appropriately express and manage their anger.

Understanding Child Abuse and Alcohol Abuse

Child abuse and alcohol abuse are very real in our society. Participants learn about the similarities between the two conditions, how to identify the early warning signs and characteristics of abusers and victims.

The Sexual Abuse of Children

Information about the different type of sexual abuse is presented as well as family conditions that lead to sexual abuse, characteristics of perpetrators and victims, characteristics of the alcoholic-incestuous family and what can be done to prevent the chance of children becoming victims.

Family Violence and Alcohol Abuse

Studies indicate a strong relationship exists between the abuse of women and the abuse of alcohol. Participants learn about the type of abuse to women, reasons why people abuse alcohol and women, the characteristics of men who batter and women who stay in violent relationships, and warning signs of domestic violence may be occurring.

Drinking and Emotional Abuse

Emotional abuse is the most commonly occurring type of maltreatment. Participants learn the definition and different types of emotional abuse, why emotional abuse happens and its effects, and what people can do to prevent emotional abuse.

A Story of America's Trafficked Youth

Hear the untold stories of America's trafficked youth through a series of statistics, risk factors, and research of the impact on the lives of trafficked children. Learn how to become advocates by exploring prevention strategies to protect our children, and support our local efforts in ending sex trafficking.

1-2-3- Magic - Effective Discipline for Children 2-12

This class is a simple, precise and offers an effective way of managing the behavior of children approximately in the 2-12 age range. 1-2-3 Magic does work like magic if you do it correctly and follow a few basic rules!

Raising your Grandchildren

If you are raising a grandchild, this class is for you! Millions of grandparents are raising grandchildren – and finding life more joyful, interesting, and meaningful. But raising grandchildren can bring many unexpected challenges. This class will provide you tips and tools you need to begin your journey as you parent your grandchild. (Offered in English and Spanish)

Involved Parents: The Key to School Success

This class will talk about how to make the most of the important role you play in your child's education. You will get information and tools on how to be an active part of your child's learning at home, at school, and in your community. Learn how you can make a difference in your child's education!

Trauma Informed Care Group

This group is available to parents, caregivers, foster parents & kinship placements seeking education in trauma informed care to better support the children they care for. This group teaches new skills and approaches that will support the child in the home and increase knowledge of trauma-driven behaviors children sometimes have.



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Step-family Living Part 1 - A Different Parenting Challenge

This class will help step-families (current or considering), by exploring some of the ways that step-families differ from other families. Participants will learn about three parenting styles, three major challenges that step-families face, and the essential principles relationship building for family resiliency.

Step-family Living Part 2 - Finding Your Way through

Communication & Problem Solving This class will help step-families (current or considering) learn the guidelines for active stepparents and discover the communication skills that will help you solve problems and strengthen family relationships. Participants will identify the five ways to be an effective step-parent and learn to identify and avoid mixed messages and communication blocks.

Ways to Support LGBTQ+ Youth

This class will focus on the importance of listening and offering support, along with resources that are available in our community to support LGBTQ+ youth and family together.

***NEW* Building An Emotionally Healthy Family**

Parents love their children, and they want to do a good job teaching, protecting and nurturing their children into adulthood. However, despite this desire, all parents need help, encouragement and practical knowledge in order to do their best. This class offers suggestions that all parents can understand and apply in their daily routines that will strengthen family relationships and promote emotional health in children.

***NEW* Encouraging Our Children To Care About**

Others This class gives parents an understanding of why empathy is important, and provides practical ideas, suggestions, activities and behaviors that can be used to promote empathy in their children.

***NEW* Positive Discipline: Encouraging Self Control**

All parents struggle with discipline, or how to promote appropriate behavior in their children. This class offers parents an understanding of the goals of discipline along with a 1-2-3 approach to setting boundaries for themselves and their children.



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