

# "Active Parenting"

Active Parenting is a program just for you because we realize the challenges of being a parent in this day and time are immense. As parents, you need to be the best you can be. Active Parenting is a program based on the research and knowledge of Alfred Adler & Rudolf Driekurs, two leading psychologists in the field of child development.

SOME OF THE TOPICS TO BE DISCUSSED INCLUDE:

- \* Beliefs You Bring To Parenting
- \* Discovering Your Parenting Style
- \* Discipline Methods That Work
- \* Understanding The Four Goals Of Behavior
- \* How To Manage Anger & Resolve Conflict
- \* Teaching Responsibility
- \* How To Develop Mutual Respect
- \* Communication Skills That Win Cooperation
- \* The Three Keys To Self Esteem
- \* How To Enhance The Family Unit
- \* Learn Prevention Strategies To Keep Your Family Safe

The methods outlined in this program will work with any child, from toddlers to teens. You will learn the basic concepts that all parents need. Following the guidelines guarantees results!

The "Active Parenting" program is a 15 week course. The course is taught by a certified Master Facilitator, with many years of experience.

Group meets Thursdays at the Health Department from 7:00-9:00 P.M.

There is no cost to attend.

FOR MORE INFORMATION OR TO REGISTER, PLEASE CALL

DEBRA TURNBULL AT 231-627-6015

# Active Parenting Weekly Sessions

1. **Beliefs** - What do you bring to parenting?
2. **Rational Parenting** - Love based vs. Fear- based
3. **Methods** - Autocratic, Permissive, Democratic
4. **Development** - Stages, Needs, Nurturing
5. **Discipline**- Safe and Effective
6. **Behavior** - Contact, Power, Protection, Withdrawal
7. **Self Esteem**- Protecting and Enhancing
8. **Encouragement** – Protect Self Esteem
9. **Responsibility** – Choice + Consequence
10. **Communication** – Avoid blocks- Win cooperation
11. **Family**- Healthy Family Dynamics (including single, step and blended)
12. **Relationships** – Characteristics of healthy couples as parents
13. **Conflict Resolution** – Peaceful Strategies
14. **Anger Management** – Identify, Own and Express Emotions Assertively
15. **Stress Management**- How to cope

# Active Parenting Requirements for Certification

1. Attend 15 classes.
2. “Actively” participate in each class.
3. Complete home enrichment activities for each class.
4. Complete the two-part assessment.
5. Complete an evaluation of the program.

# The Program

- \* “Active Parenting” is a solid research-based program covering all aspects of child-rearing, based on the concepts of Alfred Adler and Rudolf Driekus, two leading psychologists in the field of child-development.
- \* The program provides a structured, well-formatted setting, which meets the needs of any parent referred, no matter what their background, attitude or behavior.
- \* The environment is safe and conducive to learning, with appropriate group dynamics in place.
- \* The Active Parenting program utilizes a wide variety of materials, books, tapes, exercises and handouts to better assist parents in the learning process. All the materials are age-appropriate, current and continually updated.
- \* The 30+ hours of in-depth psycho-education is designed to help parents become the very best parent that they can be. Five methods of teaching are demonstrated, matching the learning style of the individual participant.
- \* A cognitive understanding is essential before parents can implement the effective methods outlined. The goals and objectives are clearly defined. The program provides a very comprehensive explanation of what is required to be a responsible parent.
- \* Marked improvements and measurable results are recognized in those who complete the program. The skills they obtain are “life” skills, as well as healthy parenting skills.
- \* After 15 weeks of “interactive” learning, a clear composite of the parent is the result.

# Facilitator

- ✱ A trained facilitator with five parent-education certifications (one of which is a master facilitator)
- ✱ 30+ years of experience as a Parent Education Specialist
- ✱ Additional expertise in substance abuse, domestic violence, relationships and child abuse
- ✱ 25+ years working with children of all ages in a variety of settings and capacities
- ✱ A credible member of the community; available for parents to contact for further information and support when needed
- ✱ Considered an “expert witness” in Cheboygan and Emmet counties