

## *Parenting Curriculum Guide*

### **Parents 1,2,3,4 Parenting Children Ages 1-4**

#### *Session 1...You and Your Child: A Special Relationship*

Preventing Problems, Building a Bond, Caring for the Caregiver

#### *Session 2...Preventing Problems*

Discipline, Prevention Tips, “ACT” of Parenting, Rules, Building a Bond

#### *Session 3...Encouraging Positive Behavior*

Encouraging Positive Behavior, Choice and Consequence, Encouragement, Caring for the Caregiver

### **Active Parenting Now, Parenting Children ages 5-12**

#### *Session 1...The Active Parent*

Styles of Parenting, Mutual Respect, Method of Choice, Taking care of the caregiver, Family Enrichment, Family Meeting

#### *Session 2...Winning Cooperation*

Who owns the Problem, Cooperation and Communication, Communication Blocks, Active Communication, Bedtime Routines and “I love you’s”, Family Meeting

#### *Session 3...Responsibility and Discipline*

The Problem with Punishment and Reward, Think Feel Do Cycle, Effective Discipline, Polite Requests and Firm Directions, Logical Consequences, Family Meeting: Problem Prevention talks, Positive I Messages.

#### *Session 4...Understanding and Redirecting Misbehavior*

The Parent Child Cycle, The four goals of Behavior, Handling Anger, Active Problem Solving, Family Enrichment Activity: Teaching Skills

#### *Session 5...Building Courage, Character and Self Esteem*

Success and Failure Cycles, The Power of Encouragement, Building on Strengths, BANK Method, Letter of Encouragement, Family Meeting; Character Talks

#### *Session 6...The Active Family Now*

Parents influencing events, The Think Feel Do Cycle, The Importance of Family meetings, Closing/Evaluations, Family Enrichment Activity: In our family.