

Invitation to all Parents, Caregivers and Teachers!!

*SchoolsPlus of the SSRCE in cooperation with St Paul's Lutheran Church in Bridgewater is excited to offer a **FREE** parenting program*

Program 10 begins January 22nd from 6-7:30pm

Where: Family Room, 25 Phoenix St. Bridgewater

Goals of Program 10: Reducing Inappropriate Behaviors in School-Age Children

Session 1: Rules, Responsibilities, and Routines • Politeness Principle • Understanding how to establish clear and predictable routines. • Strategies for encouraging children to be responsible. • Understanding the importance of household chores. • Making sure household rules are clear.

Session 2: Clear and Respectful Limit Setting • The importance of household rules. • Guidelines for giving effective commands. • How to avoid using unnecessary commands. • Identifying unclear, vague, and negative commands. • Providing children with positive alternatives. • Using “when/then” commands effectively. • The importance of warnings, reminders, and giving choices.

Session 3: Ignoring Misbehavior • Dealing effectively with children who test the limits. • Knowing when to divert and distract children. • Avoiding arguments and “why games.” • Understanding why it is important to ignore children's inappropriate responses. • Following through with commands effectively. • Recognizing how to help children be more compliant.

Session 4: Time Out Consequences • Guidelines for implementing Time Out for noncompliance, hitting and destructive behaviors. • How to explain Time Out to children. • Avoiding power struggles. • Techniques for dealing with children who refuse to go to Time Out or won't stay in Time Out. • Teaching children how to calm down. • Understanding the importance of strengthening positive behaviors.

Session 5: Logical and Natural Consequences • Guidelines for avoiding power struggles. • Recognizing when to use logical consequences, privilege removal, or start up commands. • Understanding what to do when discipline doesn't seem to work. • Recognizing when to ignore children's inappropriate responses and how to avoid power struggles. • Understanding how natural and logical consequences increase children's sense of responsibility. • Understanding when to use work chores with children. • Understanding the importance of parental monitoring at all ages.

Please contact Linda Jensen SchoolsPlus Facilitator/Parent Navigator to register

(call/text) 902 521 9817 or (email) ljensen@ssrce.ca

Space will be limited to 14 adults! Register soon!!!!