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SUPPORTING CHILD AND FAMILY WELL-BEING

Key Concepts and Goals of the Parenting Now! Curriculum

Session 1 – Getting Started/Parent Values

Key Concepts

Parenting is the most challenging and most important job there is.

All parents have values that they would like to pass on to their children.

Parents provide their children with experiences and perspectives that influence what attitudes, characteristics, and skills their children will have as they grow up.

Parents' actions today influence their children's character, values, and perspectives.

Goals

By the end of this session parents will:

- Experience a warm and safe environment where they can feel comfortable sharing their experiences and learning about parenting.
- Begin to get acquainted with each other and the group leader.
- Examine their personal values and determine which ones are most important to pass on to their children.
- Learn how children's experiences contribute to the development of their own character and values.
- Develop goals and identify actions that will help align their parenting behavior with their values.
- Have fun!

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Session 2 – Stress Management/Realistic Expectations

Key Concepts

Reducing our stress helps us feel more in control of our lives and our parenting.

Influences from media, ourselves, and others can create unrealistic expectations for family life.

The whole family benefits when parents find ways to nurture and take care of themselves.

Goals

By the end of this session parents will:

- Identify individual causes and current symptoms of stress.
- Discuss and practice some stress management techniques.
- Think about their own expectations about parenting.
- Learn about nurturing and taking care of themselves.

Session 3 – Preventative Discipline Tools: The Starter Set

Key Concept

Paying attention to children when they're doing well can keep them from "acting out" to get our attention.

Goals

By the end of this session parents will:

- Learn positive attention skills.
- Develop a better understanding of the nature and value of positive attention and its relationship to discipline.
- Understand discipline as a way to teach children how to discipline themselves.
- Discuss spanking as punishment.

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Session 4 – Communication

Key Concepts

Parents' interaction with their young child affects the child's brain development.

Listening is as important as talking and often harder to do.

How we talk and listen to our children influences how well our message gets across, how our children learn to communicate, and how our children feel about themselves.

Goals

By the end of this session parents will:

- Learn several ways in which they can encourage their child's brain development.
- Be aware of their own and others' nonverbal messages.
- Understand the importance of good listening as part of effective communication.
- Learn and be able to demonstrate good listening skills.
- Learn the basics of good communication with their children.

Session 5 – Discipline: A Parent Toolbox

Key Concept

In order for parents to make positive discipline decisions, they need to be aware of possible tools, strategies, and choices.

Goals

By the end of this session parents will:

- Learn how to use words in a way that encourages positive behavior and minimizes confrontation and bad feelings.
- Learn some specific techniques that can help them positively influence their children's behavior.
- Have an opportunity to practice some of these techniques.

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Session 6 – When Things Break Down

Key Concept

While prevention is the best medicine, parents need strategies for their children's challenging behaviors and for their own anger.

Goals

By the end of this session parents will:

- Learn constructive ways of dealing with specific problem behaviors of young children, including biting, hitting, and tantrums.
- Learn about their own anger and skills to manage it.

Session 7 – Bringing It All Back Home

Key Concepts

Understanding our children's feelings helps build and important connection to our children that contributes to their brain development, builds a good relationship between us, and develops empathy.

Parents will review and acknowledge what they have learned and changed during the class sessions.

Goals

By the end of this session parents will:

- Learn the importance of being "in tune" with their children's feelings.
- Learn how to help their children identify their feelings.
- Learn the importance of empathy.
- Review accomplishments and high points.
- Celebrate the completion of the class.