

Fern Ridge School District Family Resource Presents:

## **“Make Parenting a Pleasure”**

**A series of workshops to help families**



The Fern Ridge School District Family Resource Center will be offering a parent education course, **“Make Parenting a Pleasure”** at no cost to the public. **“Make Parenting a Pleasure”** has been proven to help families of young children alleviate family stress. Parenting is the most challenging and important job there is. This course give families the strategies and skills that will reduce family stress, help parents understand and communicate more effectively with their children, and help parents provide positive and effective discipline. This series is for any parent who wants to improve their parenting skills and help their child be more successful.

Classes are 6:30 to 8:00 on Thursdays at Veneta Elementary School. Free childcare for children ages 3 and older will be provided and refreshments served. Classes start October 20th and end January 26th. There will be no classes November 24th, December 22nd, or December 29th. Parents who attend classes may win gift cards or other prizes. Parents with questions or wanting additional information, should contact Angi Trent at 541-935-8225 ext. 418 or Olivia Johnson at 541-935-8225 ext. 201.

Please complete the registration for below and return it to Veneta Elementary School, Elmira Elementary School, or the Fern Ridge School District Office. You can also mail it to Olivia Johnson, P.O. Box 370, Veneta, Oregon 97487 or return it by email at [ojohnson@fernridge.k12.or.us](mailto:ojohnson@fernridge.k12.or.us)

On the back of this page is a calendar of classes with topics for you to keep for your information.

## Course Outline

<b>Date</b>	<b>Module</b>	<b>Content</b>
October 20th	Getting Started	Parenting is the most challenging and important job there is. Positive parenting skills do not come naturally, they are learned.
October 27th	Nurturing- Taking Care of Ourselves	The whole family benefits when parents find ways to nurture and take care of themselves each and every day.
November 3rd	Understanding Stress	Reducing stress helps us feel more in control
November 10th	Stress and Anger Management Techniques	Stress is a normal part of parenting. As we parents we teach and model how to cope with stress.
November 17th	Managing Anger, Modeling Alternatives	Anger as an emotion is okay. Anger as an action can help or hurt our children.
November 24th Thanksgiving		
December 1st	The Dance of Communication- Non Verbal	Actions speak louder than words. Effective communication begins with what we do.
December 8th	Communication: Listening Skills	Listening is as important as talking and is harder to do.
December 15th	Verbal Communication	Words are powerful and it is important to use words thoughtfully.
December 22nd- Winter Break		
December 29th- Winter Break		
January 5	Child Development- The Basics	Every child develops at their own pace. Understanding child development helps us have realistic expectations for our child.
January 12th	Discipline: Laying The Foundations	Paying attention to children when they are doing well can keep them from “acting out.”
January 19th	Discipline: Parent’s Toolbox	Positive solutions for discipline problems.
January 26th	Discipline: Challenging Behaviors	Strategies for child’s challenging behaviors.