



The Fern Ridge School District Family Resource Center will be offering a series of workshops for parents called **“Make Parenting a Pleasure”** Topics include **stress management, improving communication, child development, positive discipline, and more.** 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. Classes start on February 9th. The classes are a series of 12 workshops. Dinner is also included. We will also be giving away gift cards and other incentives.

Enrollment is limited. Parents do not have to have students in the Fern Ridge School District to attend. Registration forms can be picked up at either Veneta or Elmira Elementary or the Fern Ridge District Office. Registration forms can also be found online at the district website. For more information, email atrent@fernridge.k12.or.us or call 541-935-8225.

On the back of this flyer is a list of the dates and topics for the entire series. While we encourage parents to attend all 12 sessions, parents also have the option of attending individual nights.

Course Outline

Date	Module	Content
1. February 9th	Getting Started	Parenting is the most challenging and important job there is. Positive parenting skills do not come naturally, they are learned.
2. February 16th	Nurturing- Taking Care of Ourselves	The whole family benefits when parents find ways to nurture and take care of themselves each and every day.
3. February 23rd	Understanding Stress	Reducing stress helps us feel more in control
4. March 2nd	Stress and Anger Management Techniques	Stress is a normal part of parenting. As we parents we teach and model how to cope with stress.
5. March 9th	Managing Anger, Modeling Alternatives	Anger as an emotion is okay. Anger as an action can help or hurt our children.
6. March 16th	The Dance of Communication- Non Verbal	Actions speak louder than words. Effective communication begins with what we do.
7. March 23rd	Communication: Listening Skills	Listening is as important as talking and is harder to do.
March 30th	Spring Break	
8. April 6th	Verbal Communication	Words are powerful and it is important to use words thoughtfully.
9. April 13th	Child Development- The Basics	Every child develops at their own pace. Understanding child development helps us have realistic expectations for our child.
10. April 20th	Discipline: Laying The Foundations	Paying attention to children when they are doing well can keep them from “acting out.”
11. April 27th	Discipline: Parent’s Toolbox	Positive solutions for discipline problems.
12. May 4th	Discipline: Challenging Behaviors	Strategies for child’s challenging behaviors.