

# Parenting Wisely Workshop



Parenting Wisely is a course about managing the behaviour of elementary school children.

This Parenting Wisely course is being presented by Stan Simister and School District 43. Classes start Jan. 28, 2014 and end on March 11, 2014.

The course will run for 7 weeks on Tuesdays, from 1:00pm to 3:00pm at **Central Elementary School, 2260 Central Ave., Port Coquitlam**. Participants with children under age 5 will need to make their own child minding arrangements. Please register with the school office at telephone # 604-941-0355. Please check in at the school office on Jan. 28, 2014 for directions to the room where the course will be offered.

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# Parenting Wisely Workshop



Parenting Wisely is a course about managing the behaviour of elementary school children.

This Parenting Wisely course is being presented by Stan Simister and School District 43. Classes start Jan. 30, 2014 and end on Mar. 13, 2014.

The course will run for 7 weeks on Thursdays, from 9:30am to 11:30am at **Porter Street Elementary School, 728 Porter St., Coquitlam**. Participants with children under age 5 will need to make their own child minding arrangements. Please register with the office at telephone # 604-936-4296. Please check in at the school office on Jan. 30, 2014 for directions to room 17, where the course will take place.

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## **SOCIAL DEVELOPMENT CENTRE PARENTING WISELY BEHAVIOUR MANAGEMENT PROGRAM**

**7 TOPICS** are covered in this 7 week program:

1. When children interrupt conversations and phone calls
2. Helping children to get to bed on time
3. When children act up in public
4. Helping children with poor marks or schoolwork troubles
5. Helping children solve conflict with their friends
6. Helping children get up and ready for school in the morning
7. How to control sibling fighting

**20 SKILLS** are reviewed during the program:

active listening (empathy), assertive discipline, consequences, consequence sharing, consistency, contracting, family meetings, I statements, managing sibling conflict, monitoring school and homework and chores, nondirective play, point systems, praise, problem solving, redirection, rewards, role modeling productive behaviours, single parent issues, specific commands and time to calm down