

# Active Parenting Now!

*(For Parents of Children ages five-12)*

This six session Active Parenting series will provide parents with guidance and support to transform the challenges of raising their children into opportunities for growth. Participants will learn:

- Styles of parenting
- Positive skills for clear, honest communication
- Respectful basic and advanced discipline techniques to teach your child to make better choices resulting in appropriate behavior
- Using the Think-Feel-Do Cycle and BANK method to intervene and build self-esteem
- Concrete strategies to prevent risky behavior and help your child to resist peer pressure
- Problem solving methods including using family meetings and the FLAC method
- 4 goals of your child's behavior
- Decreasing power struggles
- Handling anger

Learn how to become an encouraging parent ... and much more, including important issues such as alcohol and other drugs. Join us at the next session and see the difference ... as you make positive and realistic changes in your family's daily routine to gain greater happiness in your home!

**Dates:** January 5, January 19, February 2, February 16, March 2, and March 23, 2011  
**Time:** From 9:30 a.m. until 11:30 a.m.  
**Location:** South Area Office Training Room C, 1643 N. Harrison Pkwy, Bldg. H, Sunrise, FL 33323  
**Presenter:** Jane Derringer, FDLRS Program Specialist-Parent Services, Broward County Public Schools

To register, contact Jane Derringer, FDLRS Program Specialist-Parent Services at 754-321-2211 or email

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ESE Parent Workshop Information is available on the ESE website  
<http://www.broward.k12.fl.us/studentsupport/ease/html/WORKSHOP.htm>



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