



Sacred Heart School Presents: SERIES FOR PARENTS

“Who’s in Charge in Your House?”

Kids can be delightful, helpful, charming, and affectionate; they can also present difficult and frustrating behavior such as whining, arguing, fighting, teasing, yelling and pouting to name just a few! Parents can be patient, understanding, caring and funny; they can also be overly demanding, dictatorial and unreasonable. Can parenting young children and pre-adolescence be more than just “survival of the fittest?” Yes it can and we can show you how!!

We invite parents, parents-to-be, teachers, grandparents and anyone who would like to learn down-to-earth, child/parent-friendly, practical and easy to use techniques to improve parental control and effective positive discipline of children to join us for four Tuesday evenings beginning in November.

Place: Sacred Heart School

Dates: Tuesday evenings: November 1, 8, 15, and 22, 2011

Time: 7:00 pm to 9:00 pm

Facilitators: Dr. Dorothy Ryan PhD and Sr. Irene Baker MEd

Come for one session, two sessions or come for all sessions. Cost: Donation

Please call Sacred Heart School to register: (250) 563– 5201

Tuesday: November 1, 2011

Title: *Introduction to: “Who’s in Charge here anyway?”*

Content: DVD: “Raymond” as the model parent; messages from my parents (mother); myths and realities of parenting; child development 101.

Tuesday: November 8, 2011

Title: *Disciplining when Capital Punishment is not an Option*

Content: orientation to various forms of positive disciplining including ‘the 5 love languages of children’, 1-2-3 Magic and more 1-2-3 Magic.

Tuesday: November 15, 2011

Title: *Turning Fear/Depression/Anxiety into Freedom”*

Content: types, diagnosis and causes of fear, anxiety and depression in children; possible treatment: medication, alternative medicine and counseling; empowering a child’s self-esteem; the role of the parent.

Tuesday, November 22, 2011

Title: *“Bullet Proofing Parents in the Midst of Chaos”*

Content: tips for survival; parenting as a team; parental control: CBT: your thoughts and feelings lead to actions.