

# HEALTHY FAMILIES

1817 Carlisle Blvd NE

Albuquerque, NM 87110

Ph: (505) 842-9911; Fax: 254-9911

[www.Healthyfamiliesabq.com](http://www.Healthyfamiliesabq.com)

## PARENTING CLASS SCHEDULE

**Thursdays, 6-7:00 p.m.**

**TOPIC #1: CHILD DEVELOPMENT & SELF ESTEEM**

WHAT TO EXPECT FROM YOUR CHILD AT DIFFERENT AGES AND HELPING THEM TO BUILD SELF-ESTEEM ACCORDINGLY.

**Topic #2: PARENT PARENTING STYLES - TEMPERAMENT AND EXPECTATIONS**

IDENTIFYING STRENGTHS AND NEEDED IMPROVEMENTS IN OUR FAMILIES. UNDERSTANDING OURSELVES AS A PARENT. UNDERSTANDING OUR CHILDREN'S PERSONALITIES.

**Topic #3: COMMUNICATION I**

COMMUNICATING RESPECT AND ENCOURAGEMENT. LEARNING TO LISTEN SO YOUR KIDS WILL TALK AND TALK SO YOUR KIDS WILL LISTEN.

**Topic #4: COMMUNICATION II**

COMMUNICATING WITH YOUR PARTNER AND/OR WITH THE OTHER PARENT OF YOUR CHILD.

**Topic #5: DISCIPLINE I**

ALTERNATIVES TO SPANKING. USING NATURAL CONSEQUENCES TO BUILD RESPONSIBLE CHILDREN.

**Topic #6: DISCIPLINE II**

TOOLS AND TECHNIQUES TO USE AT HOME AND AT SCHOOL. DISCUSSING CHARTS, ALLOWANCE, PRIVILEGES, ETC....

**Topic #7: ANGER MANAGEMENT**

HELPING OUR KIDS TO MANAGE THEIR ANGER. MANAGING OUR OWN ANGER AND FRUSTRATION. THE EFFECTS OF DOMESTIC VIOLENCE ON CHILDREN.

**Topic #8: CO-PARENTING**

BLENDED FAMILY ISSUES. WORKING WITH THE OTHER PARENT COHESIVELY. DEALING WITH TWO SETS OF RULES AND EXPECTATIONS FOR YOUR CHILD(REN).

