

INFORMATION AND CLASS SCHEDULE

Parent Resource Classes are now available at no cost. The evening classes are 2-hour sessions that have been designed to provide families information and support in a fun and relaxed setting. Each session has 2 parts. The first will be the presentation of a general parenting concept through the use of video, live demonstrations, and practice opportunities. The second part has been created to address the participants specific questions and concerns about children's behavior. Many parents have shared with us that our classes are useful and that the support and tips they receive from other parents is reassuring. Parents have also found that after attending our classes they feel less stress. The classes are interactive and participant driven to meet the needs of a diverse group of parents and they are helpful for parents of children all ages.

Parents, grandparents, child-care providers, early childhood education students and foster parents can benefit from these classes. Certificates of participation are given for each class.

Call to register at 779-7431.

CLASS DESCRIPTIONS

Play & grow with me Parents and children are invited to play in our winter program: *Rhythms in the life of the child*. Each themed session will include hands-on learning stations that your child moves through at their own pace. Parents will be provided with teaching prompts to encourage their child and tips on how to expand the activities at home. Open playtime is two hours designed for newborns to four-year-old children. Say good-bye to the winter blues with play!

10:00 a.m. to 12:00 p.m.

Tuesdays, January 10, 17, 24, & 31

Building Foundations Parents, help your child solve their problems through play! By watching a child's play, we often learn more about their thoughts, feelings, motives, and struggles. Because play is the primary way children learn about their world, understand how things work, express themselves, and develop new skills, it seems the most natural way to help change children's behavior. This course is designed to help parents increase their understanding of their child's feelings, and motivations. Your child will develop insight into their own feelings, develop problem-solving skills, reduce problematic behaviors, and make better choices. Class size is limited.

6:00 to 8:00

Thursdays, January 26, February 2, 9, 16,
March 2, 9, 16, 23, April 6 & 13, 2006

You and your adolescent Many parent-adolescent conflicts are not the result of holding on too long or giving up too soon, but of misinformation. A purpose of this class is to describe the normal developmental changes young people undergo as they enter and move through adolescence. We will discuss what your teen is likely thinking and feeling. A second focus is to develop effective ways of relating to your teenager.

6:00 to 8:00

Thursday, February 23, 2006

Getting your child from No to Yes Without any nagging, bribing, or threatening. This class will teach parents positive strategies to motivate children to cooperate, teach them to tolerate frustration, to make responsible decisions, and to delay gratification. Some topic areas include motivating children to eat, get dressed, clean-up, use manners, sleeping, and going to school.

6:00 to 8:00

Wednesday, March 29, 2006

Parenting children from birth to three There are many ways a parent can positively impact a child during the early years. Information about developmental changes and what to expect allows a parent to be prepared to meet their child's needs. Discover how to create a safe environment that protects and encourages your child to learn and grow. This class also provides information about family focused resources that can benefit the whole family.

6:00 to 8:00

Thursday, April 27, 2006

Children & Choices Children of all ages need security of boundaries and limitation on behavior. The most loving thing parents and care-givers can do is to help children learn to control their own behavior, to exercise self-discipline, and to say "no" to themselves. The *Choices, Cookies & Kids Theory* is the basis for self-discipline and that creative choice giving teaches decision making which in turn develops self-responsibility and promotes self-control.

6:00 to 8:00

Thursday, May 11, 2006

New baby & you Bringing baby home can leave parents with a lot of questions. Moms and dads are invited to get together with other new parents to explore all the their questions and concerns with a parent educator and a health care professional. Some topics include delivery, the first hours of baby's life, caring for a newborn, sibling rivalry, stress, returning to work and childcare. Each family will receive a parent resource kit.

6:00 to 8:00

Thursday, May 25, 2006

Funded and supported by the Ohio
Children's Trust Fund and the Council
for Ross County Families

THE INSTRUCTOR

Marie Burkhauser Vukin has a Master of Education degree in Counseling Education from the University of North Texas. She has trained in Play Therapy since 1991 and has worked with children and families for the past 15 years.

Ms. Vukin has presented for several national and international groups including the Association of Play Therapy, Association for Young Children-Europe, and the National Conference on Child Abuse-Philippines. She has created and conducted professional training seminars for individuals who work in areas of childcare and early education, social workers, police, foster parents, mental health professionals, and medical personnel.

As a parent educator, Ms. Vukin has developed a portfolio of parenting classes and in 1998 the United States Army, 409th acknowledged her for her work in this area. Her experiences as a child life specialist, counselor, parenting consultant, bereavement program assistant, and life skills coach has provided Ms. Vukin with a diverse background and understanding how children and their families respond and cope in today's environment.

Ms. Vukin lives in Chillicothe with her husband and her two young daughters.

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Parent Resource Classes

Winter/Spring 2006



Child Protection Center
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ALL CLASSES ARE FREE
REGISTER NOW!