Parenting Matters: Parent Education Program

It’s not easy being a parent. In fact parenting is probably the most challenging job most of us will ever have. Come to this eight week, hands-on creative learning program for parents who want to make a difference in their child’s life and improve their parent-child relationship. You will learn how to manage stress, improve your communication skills, avoid power struggles with your child, and build a support system to help you.

A Brief Summary of Sessions

Session 1: Parent Challenges: Let’s Get Started
This session lays a basic foundation for the sessions that follow. Ground rules for participation are established. Parents: (1) examine their attitudes and beliefs about parenting, and (2) identify and learn how to build on their strengths.

Session 2: You’re A Role Model: Be All You Can Be
Parents learn what competent parenting involves and define their ideas of what they need to do to become effective parents. Activities in this session help parents learn how they can be positive influences in the lives of their children. This session includes learning activities about the effects of violence on children, particularly the effects of domestic violence in front of children. The session also includes a discussion about the differences between wants and needs that parents have both as parents and as people.

Session 3: Taking Care of Yourself: To Better Take Care of Your Child
This session helps parents learn about the kind of self-care that can help them better withstand the challenges of parenting. Parents who take care of themselves are in a better position to provide the care needed for raising children. Parents will identify activities they enjoy doing and what motivates them to participate.
Session 4: What is Appropriate: Understanding Your Child’s Behavior
This session helps parents to learn about normal, age-appropriate behaviors and realistic expectations they can have of their child based on the child’s age. Parents learn how to observe and listen to their children so that they can understand the importance of what children do and say.

Session 5: Effective Communication: A Key to Building a Healthy Parent-Child Relationship
This session is designed to teach parents the importance of communicating clearly to their children and effective communication skills. Parents will review verbal and non-verbal communication and practice using “I” messages.

Session 6: Guiding Your Child’s Behavior: Avoiding Power Struggles
This session helps parents learn the difference between discipline and punishment. Parents learn appropriate discipline techniques and how to avoid parent-child power struggles.

Session 7: Parenting Stress: When Children Try Your Patience
This session helps parents identify the symptoms and effects of stress and anger. Parents learn techniques to manage anger, stress and/or conflict so they can remain calm and in control.

Session 8: Tapping Into Your Support System: Keeping It Together
This session helps parents identify their network of family, friends and others who can serve as a source of support to them. Parents learn problem-solving skills and community resources available to help them.

For More Information or to Register or Request a Program
Contact Cathy Hohenstein, Family and Consumer Science Agent with Buncombe County Cooperative Extension at phone number: (828) 255-5522 or email: cathy_hohenstein@ncsu.edu.