



Parenting Programs

The Three Most Effective Parenting Programs Ever Offered

Parenting is complicated and challenging. Our children want so much from us. School, work and family pressures are huge. FamilyWorks parenting series helps the whole family thrive. Parents have fun as they learn the most effective tools to guide their children to be cooperative, responsible and caring.

Child-Centered Co-Parenting

Parents who are now living apart learn how to raise their children harmoniously and keep children "out of the middle" and safely in each of their lives. Parents attend in separate classes.

Parents will learn to:

- Deal with each other respectfully
- Increase cooperation
- Make co-parenting decisions calmly
- Divide child-rearing tasks equitably
- Manage constantly shifting schedules
- Stop tantrums and dawdling
- Design consequences that work
- End rudeness & backtalk

Seven weekly evening classes

Earn a certificate of completion at graduation.

Positive & Peaceful Parenting

What You will learn:

In Positive & Peaceful Parenting you will learn the keys to increasing:

- Cooperation
- Self-esteem
- Responsibility
- Communication
- Respect
- Discipline

Viewing Life Today

- Being a Proactive Parent
- Identifying Your Universal Principles

Growing Great Kids

- Understanding How Kids Work
- Ensuring Goodness of Fit
- Making Work Fun

Listening and Talking

- Listening Effectively
- Decreasing Impulsive Behavior

Problem Solving that Gets Results

- Using the Magical "When...Then"
- Designing Charts that Get Results
- Revamping "Time Out" So It Really Works

Feeling More Confident

- Being Positive and Persistent
- Sharing Successes

T.I.P.S. Temperament Integrated Parenting Skills

Understand how:

- Temperament plays a role in your child's life.
- Share ideas that make your life and your child's life more joyful.
- Increase your child's cooperation and comfort at home and at school.
- Explore how you can develop a plan to make the different aspects of your temperament and your child's temperament work best together.



Sliding Scale Available

415-492-0720

Strengthening relationships... for a lifetime...

 **FamilyWorks**[®]

www.familyworks.org