

# grow your parenting skills

Clarity Child Guidance Center is hosting 8 sessions of parenting skills classes to empower parents and caregivers with the knowledge and techniques they need to lead their families into a happier, healthier future.

Session topics include:

- Ages & Stages of Development
- The Brain Science Behind Your Child's Big Feelings
- Effective Communication: How to Talk with Your Child
- Strategies for Responding to Misbehavior
- Developing Perseverance with Grit & Grace



Sessions occur once per month and are each 1.5 hours long.

Every session is a stand alone class, so caregivers may attend as many or as few as they like.

**COST:** FREE

**DATE:** Sept 13 | Oct 11 | Nov 8 | Dates in 2024 to be determined | 5:30 - 7pm

**WHERE:** Outpatient Building #10 | 2nd floor

8535 Tom Slick Dr, San Antonio, TX 78229

**WHO:** This group will be facilitated by Julia Avila, MA, and Stephanie Wofford, MA

**NOTE:** Childcare is NOT provided on Clarity's campus. Please make your own arrangements beforehand.

Each session is limited to 20 participants.

Call Julia Avila at 210-582-6422 or Stephanie Wofford at 210-593-2155.



# session topics

Topics for parenting skills classes include:

## ages and stages of development

- Discuss the developmental abilities and limitations of different age groups.
- Reflect on your expectations for your children.
- Explore common parenting problems and strategies for developmentally appropriate ways to deal with issues.

## the brain science behind your child's big feelings

- Discuss your personal views on emotions and what you were taught about feelings growing up.
- Identify the brain science behind children's emotions.
- Explore how to recognize and respond to tantrums.

## effective communication: how to talk with your child

- Discuss family problems that develop due to communication difficulties.
- Identify communication styles that can contribute to family problems.
- Practice active and reflective listening skills through role play.

## strategies for responding to misbehavior

- Identify the pros and cons of common discipline methods.
- Explore strategies for effective parenting that reduces unwanted behaviors.
- Practice successful ways to encourage wanted/positive behaviors in children.

## developing perseverance with grit & grace

- Discuss the importance of family time in children's socioemotional development.
- Learn ways you can build your child's tolerance for daily stressors.
- Explore ways you can enhance your child's self-esteem (encouragement vs praise).