

ON-LINE COURSE - Adolescence 101 - Parenting a Pre-teen/Teen -class fee \$25

This four week on-line course will introduce and explore the physical, psychological and developmental changes that every adolescent faces, the important functional goals of identity development and the move toward independence. It will also provide parents with skills necessary to balance age-appropriate boundaries while fostering age-appropriate independence. Designed for parents with children ages: Middle School/High School;

- Session runs January 4 - January 31, 2010.

ON-LINE COURSE - Sibling Rivalry - Parenting Strategies - class fee \$25

This four week on-line course will introduce and explore the following:

Reasons behind why siblings argue and effective interventions to help establish peace in the your home; Strategies necessary to decrease the frequency of sibling rivalry and determine when intervention is appropriate; the parameters and benefits of when and why to let siblings argue. Designed for parents with children ages: Primary Elementary/ Upper Elementary, Upper Elementary/Middle School & Middle School/High School;

- Session runs from January 25- February 21, 2010.

Raising Responsible Children

This two-hour workshop describes the parenting techniques necessary to raise responsible children. Participants will be introduced to the parenting skills necessary to teach children principles of honesty and accountability. Appropriate limit setting, chores, allowance and money management will also be discussed. Time: 6:30-8:30p.m.

- Thursday January 7, 2010 – Martinez Adult Education - \$10
- Tuesday February 16, 2010 – Martinez District Office - \$10

Communication with Your Teen

This two-hour workshop covers a variety of skills, techniques and information aimed at improving understanding and communicating with adolescents. Participants will learn the skills necessary to get their teen talking openly and respectfully. Time: 6:30-8:30p.m.

- Thursday January 28, 2010 - Martinez Adult Education - \$10
- Thursday February 11, 2010 – Martinez District Office - \$10

Misbehavior & Discipline

This two-hour workshop provides an overview of some of the key components of child development and the primary reasons children misbehave. Participants will understand the use of discipline to teach and will learn practical interventions to keep their calm while setting limits. Typical problem behaviors such as lying, screaming, whining, etc. will be discussed. Designed for parents of children preschool through high school age.

Time: 6:30-8:30p.m.

- January 13, 2010 - Martinez Adult Education - \$10
- February 3, 2010 - Martinez Adult Education - \$10

To register call Martinez Adult Education (925) 228-3276 or call Jodi Maspaitella at (H.E.L.P.) Home Education for Logical Parenting (707) 557-1423