

Here's What Will Be Covered

1 Helping Children Deal With Their Feelings

Exploration of what happens to children when their feelings are denied. Specific skills that help children to recognize and cope with their negative feelings—disappointment, envy, frustration, resentment, anger, etc. Ways to accept children's feelings, limit unacceptable behavior, and still maintain goodwill.

2 Engaging Cooperation

How children react to commonly used methods to get them to cooperate: threats, warnings, orders, name-calling, sarcasm, lecturing, etc. Five ways to invite cooperation that will leave parents and children feeling good about themselves and each other.

3 Alternatives To Punishment

How do children react to punishment? Is it necessary to rely upon punishment as a means of discipline? Some alternatives to punishment that enable parents to express their strong disapproval as well as encourage children to assume responsibility for their behavior.

4 Encouraging Autonomy

Ways to help children become separate, responsible people who can one day function on their own. Specific skills that help children to rely upon themselves rather than upon their parents.

5 Praise

An exploration of the kinds of praise that build a positive and realistic self image—and the kinds that do not. A variety of ways to help our children become aware of their strengths so that they can put them into action.

6 Freeing Children From Playing Roles

A look at how children are sometimes cast into roles (bully, whiner, dawdler, mischief-maker, etc.) and how we can free them from playing out these roles. Six skills that you can use to help children see themselves in a different and more positive light.

7 Final Review

Back to life's workshop; a chance to consolidate what's been learned by applying all the skills of the previous sessions to current problems with children.

**DUMONT MUNICIPAL
DRUG ALLIANCE**
in conjunction with the
DUMONT BOARD OF EDUCATION
present a

Parenting Workshop

How To Talk So Kids Will Listen

Based on the critically acclaimed book,
**HOW TO TALK SO KIDS WILL LISTEN
& LISTEN SO KIDS WILL TALK**
Over 1 million copies sold.



Johnny's teacher called you at work today...
Mary's depressed and won't
come out of her room...
...Bobby insulted your mother...
Mark broke
the lamp...
Ruth's late again...
...Russell wet
the bed...
Jenny told a lie...
and the baby's crying!

Every other occupation, from driving a truck to performing surgery, requires months or years of training. Only for the job of raising children is there the expectation that love will be enough. But, sometimes it isn't. Parents also need skills. Here is a program that gives parents the "know-how" they need to be helpful to their children and helpful to themselves.

Dumont Municipal Drug Alliance
Dumont Board of Education
25 Depew Street
Dumont, New Jersey 07628

BULK RATE
U.S. Postage
PAID
Permit No. 1
Dumont, NJ

The Parenting Workshop

is a six (6) week program for any parent(s) and/or guardian(s) of children, pre-school through grade 5.
Meetings will be held for two (2) hours per session. Free child care is provided.

WHEN: 7:00 p.m. - 9:00 p.m.
Tuesday, February 2nd, 9th, 23rd
Tuesday, March 2nd, 9th, 16th

(Snow Date: Tuesday, March 23rd)

WHERE: Grant School
100 Grant Avenue
Dumont, NJ
Media Center

PRESENTERS:
Mrs. Patricia Mazzucca, School Social Worker

Mrs. Heather Gilgallon, School Social Worker

Mrs. Janet Topel, Teacher

COST: \$10.00 per person/\$15.00 per couple for residents
\$15.00 per person/\$25.00 per couple for nonresidents

REPLY BY FRIDAY, January 15, 2010

Please return **attached form** with check made out to: Dumont Municipal Drug Alliance

Return form & check with your child to the school office

or

Mail to:

Dumont Municipal Drug Alliance
25 Depew Street
Dumont, NJ 07628

Enrollment is limited.

Name _____

Address _____

Phone _____

Ages of Children _____

No. of Parents Attending _____

No. of Children for Child Care _____

Dumont Municipal Drug Alliance
Dumont Board of Education

**Parenting
Workshop**

Please return with payment by January 15, 2010