

# Positive Parenting

I have introduced a parenting course- something I am passionate about.

## What qualifies me to speak on this topic?

I am not a psychologist...but...

I am the mother of 2 girls.

I am a trained teacher, and taught for 8 years.

I have coached children most of my adult life in hockey, swimming and various other sports.

I am a VIP (Master) Life Coach and have been practicing for 3 years.

## About the Course

This course is designed for "newer" parents (Mums and Dads). It is non prescriptive, non judgemental, non threatening, and won't make parents feel like failures...because they are not perfect!!! THERE IS NO SUCH THING AS A PERFECT PARENT! It will leave you with a proactive positive plan in place to make sure you have thought about how you would like YOUR family to function. We stress that we can never compare families or children. The goal of the course is to make good parents even better, and guide those who are battling- because we make you THINK about what kind of adult you are wanting to grow.

It is based on a variety of sources-including Stephen Covey, M Scott Peck, Dr James Dobson, and Jack Canfield amongst others. It is a common sense approach to parenting and consists of about 8 hours of coaching- at times and dates convenient to your school. The course content can also be tailor made to suit your needs. Many schools are choosing 4 consecutive weeks eg every Tuesday evening for a month. Others are wanting 2 longer Saturday morning sessions. I am very flexible and negotiable. The cost will vary from school to school, and also dependant on the size of the group. The aim is to make it affordable for all parents.

It is an interactive course where I ask you the questions, and you get to the answers. There will be discussions about the various topics too. A workbook is provided to help you record your thoughts.

The end goal of the course is to walk away with a family vision, which you have developed over the 4 week course -working on it in each session. An example of the content of the 4 sessions is as follows:

## WHAT KIND OF PARENT DO I WANT TO BE? - OUTLINE OF PROGRAMME

<p><u>SESSION 1-LAYING THE FOUNDATION</u></p>	<p>INTRODUCTION TO THE COURSE.</p> <ul style="list-style-type: none"> <li>• Overview of content of course- all 4 sessions- including ending up with a family mission statement.</li> <li>• Complete a worksheet to evaluate how I am as a parent now-</li> <li>• Intro to children.</li> <li>• What are my responsibilities as a parent?</li> <li>• Intro to a mission statement.</li> <li>• Homework.</li> </ul>
<p><u>SESSION 2- PARENTING SKILLS.</u></p>	<ul style="list-style-type: none"> <li>• Top 10 parenting skills.</li> <li>• The 7 habits of successful parenting</li> <li>• The 5 R's to follow, as parents</li> <li>• Mission Statement</li> <li>• Homework</li> </ul>
<p><u>SESSION 3- COMMON PARENTING MISTAKES.</u></p>	<ul style="list-style-type: none"> <li>• Common mistakes ( AND HOW TO REMEDY THEM)</li> <li>• Common problems the teachers are having to deal with</li> <li>• How can the school and the parents team up in the best interests of the child</li> <li>• Mission Statement</li> <li>• Homework.</li> </ul>
<p><u>SESSION 4- AND NOW GOING FORWARD!</u></p>	<ul style="list-style-type: none"> <li>• Different Parenting Styles.</li> <li>• Set a vision</li> <li>• Complete the worksheet</li> <li>• Evaluate course</li> <li>• CONCLUSION</li> </ul>

I look forward to running this course for you.