

Parenting Classes

Available through
Family Services



Parenting 101 Foundations to Healthy Parenting and Building a Healthier Family



Our mission is to strengthen families and communities through counseling, education, community building and advocacy.

MAIN OFFICE:
2211 Arbor Blvd
Dayton, Ohio 45439
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(937) 641-8186 (Video Phone)
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CLASSES HELD AT:
2211 Arbor Blvd. Dayton, OH
and other locations within
the community.

Contact us by email at:
information@fsadayton.org
Or visit our website at:
www.fsadayton.org

*Family Services is an
Equal Employer and
Service Provider*



Parenting Education Classes



**A program designed
to bring out the
supportive, loving
and effective
parent in you.**



Partners in Strengthening Families & Communities

Parenting 101

This class will help parents improve their parenting skills and build a healthy relationship with their children.

Some of the topics that are covered in classes include:

- Learning the qualities of effective parents;
- Building self-esteem;
- Detecting and preventing child abuse;
- Exploring our personal experiences;
- Understanding child growth and development;
- Identifying and managing feelings;
- Setting effective rules and limits;
- Implementing effective discipline;
- Coping with stress and change, and
- Discovering community resources.

This class is designed to help parents understand the emotional and developmental needs of children, while building their self-esteem, and giving them the confidence to be effective parents. Classes are presented using lectures, small group activities, role-play, handouts, educational games and videos resource.

**FOR MORE
INFORMATION OR
TO REGISTER FOR
CLASSES PLEASE
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OR

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Some Quick Tips:

When you deal with children, let's face it, sometimes you're going to get angry. They don't always listen well or immediately respond to your requests or advice.

Children are noisy, rambunctious and repetitive. It takes a lot of energy and patience - something you may not always have in reserve when you need it most.

Before reaching out in anger to a child, try the following activities or exercises to help yourself over the "anger hump".

1. **Stop. Think. Don't hit, smack or shake a child ever!**
2. **Walk away.**
3. **Count to 10...or 100.**
4. **Close your eyes and take deep breaths.**
5. **Lie down and pull your feet up.**
6. **Splash cool water on your face.**
7. **Relax in a warm tub or cool shower.**
8. **Let out a silent scream.**
9. **Call a friend or family member.**
10. **Lock yourself in the bathroom until you're calm.** (*Reorganize your linen closet or medicine cabinet*).
11. **Watch a funny movie.**
12. **Do some exercises.**
13. **Read a book or look at a magazine.**
14. **Listen to music.**
15. **Sew on a button or mend a tear.**

Remember when doing any of the above suggestions to first make sure your child is safe and comfortable.

The point is, do something else for a minute so you can calm down. Do something healthy that relaxes you before dealing with your frustrated, angry or emotional child.

You will both feel better!