



# CALLING ALL PARENTS



## WE INVITE YOU TO MOVE INTO YOUR GREATNESS!

Imagine life with your children with no yelling, punishing, or time outs. Learn how to give your children the gift of self esteem so they can enter school with skills necessary for success.

MSJC is offering FREE parenting classes funded by First 5 Riverside and taught by a leading expert in the field. This 6 week series will support you in the area of discipline and how that relates to preparing children for future happiness & success.

Each 6 week program will be followed by a class dedicated to open discussion, questions & answers on any topic of concern.

This series is recommended for parents, grandparents, foster parents, and teachers. Certificates are available for parents and teachers who complete the 6 week program. This can be taken for professional growth hours. For more information or to register, call the numbers below.

Evening classes will have Spanish translators available.

Here's what parents who have taken our classes are saying....

Mother of a 3 year old: "Before the classes, my relationship with my daughter was challenging and frustrating. We were mostly in power struggles. I learned how to make the changes that have allowed me to fall in love with my child all over again!"

Father of a 4 year old: "I was always angry with my son, yelling and punishing him. I learned strategies how to get him to be more cooperative without all that screaming."

Mother of 3 children: "I learned how to stay calm. I learned how to give my children choices so there is less fighting and arguing over eating, cleaning and bathtime."

Grandma of 2 children: "Now I understand why children are so different. I'm having more fun with them."

## 2010 Spring Class Schedule:

### Menifee Valley Campus - 723

Please call 639-5605 for questions/reservations

Child Development and Education Center

Classes are held on Thursdays from

1:00pm-2:30pm & 5:30pm-7:00pm

Sessions are held in room 723

<u>Session I</u>	<u>Session II</u>	<u>Topics:</u>
Jan. 28 <sup>th</sup>	April 8 <sup>th</sup>	"Self Esteem-Key to Success"
Feb. 4 <sup>th</sup>	April 15 <sup>th</sup>	"Boosting Your Child's Brain Power"
Feb. 11 <sup>th</sup>	April 22 <sup>nd</sup>	"The Challenges of Discipline"
Feb. 18 <sup>th</sup>	April 29 <sup>th</sup>	"From Power Struggles to Encouragement"
March 4 <sup>th</sup>	May 6 <sup>th</sup>	"Helping Young Children Learn Through Play"
March 18 <sup>th</sup>	May 13 <sup>th</sup>	"Temperament & Tantrums"
March 25 <sup>th</sup>	May 20 <sup>th</sup>	"Open Discussion: Question & Answers"

### San Jacinto Campus - 2121

Please call 487-3605 for questions/reservations

Child Development and Education Center

Classes are held on Tuesdays from

1:00pm-2:30pm & 5:30pm-7:00pm

Sessions are held in room 2121

<u>Session I</u>	<u>Session II</u>
Jan. 26 <sup>th</sup>	April 6 <sup>th</sup>
Feb. 2 <sup>nd</sup>	April 13 <sup>th</sup>
Feb. 9 <sup>th</sup>	April 20 <sup>th</sup>
Feb. 16 <sup>th</sup>	April 27 <sup>th</sup>
March 2 <sup>nd</sup>	May 4 <sup>th</sup>
March 16 <sup>th</sup>	May 11 <sup>th</sup>
March 23 <sup>rd</sup>	May 18 <sup>th</sup>

# PARENTING CLASS DESCRIPTIONS

Instructor: Sandi Schwartz, Founder, Leading Edge Parenting

## **Topic # 1: Self Esteem-The Key to Success**

In this session you will learn techniques for building the kind of self esteem in your children that create success in school and in life. Empower your children with a desire to help others, a willingness to take the kind of risks that lead to true learning, and the ability to be free to grow into their greatness. Discover the major influence in developing self esteem and learn how to encourage cooperative behavior as your child feels good about her/himself.

## **Topic # 2: Boosting Your Child's Brain Power**

In this class you will learn about how your child's brain is developing and the power that you have to boost the brain's capacity to learn. As your child's first teacher you are a very important influence in your young child's life and this class will give you ways to have fun with your child as you help strengthen the development of language, memory, social, math, and pre reading skills!

## **Topic # 3: The Challenges of Discipline**

This is a topic that can be confusing, challenging and controversial. We will find ways of communicating with our children that limit the need to yell, punish or threaten. We will learn methods that promote cooperative behavior, diminish anger and encourage a loving and harmonious home. If you are willing to shift some of your beliefs and be open to some proven strategies, then you will be on your way to a more joyful relationship with your children.

## **Topic # 4: From Power Struggles to Encouragement**

Without knowing it, parents help create the very power struggles that they wish would go away! In this seminar you will learn how to diffuse power struggles before they get out of control, what buttons get pushed when a parent or child says "NO" and how to make the changes that lead to encouragement and cooperation.

## **Topic # 5: Helping Children Learn Through Play**

Play is the brain's favorite way of learning! This workshop will show you how to encourage your child's imagination, language skills, interpersonal relationships and pre reading skills through play. It is also the magic ingredient in building bonds of cooperation and authentic love. After this class you will no longer look at it as 'just playing!'

## **Topic # 6: Temperaments and Tantrums**

The key to understanding why children have tantrums begins with knowledge about temperament. This class contains everything you need to know about understanding, preventing and dealing with tantrums.

## **Class # 7: Open Discussion, Questions & Answers**

You may have more questions that were not addressed in the above 6 sessions. This class is included to give parents the opportunity to bring up issues that need further discussion. Parents are encouraged to engage in an open dialogue without guilt or judgment.