



FAMILY EDUCATION CENTRE
Course and Workshop Descriptions

The Family Education Centre is a non-profit, charitable organization striving to enrich the quality of life for families through community-based, parent-to-parent education, support and training. Our courses and workshops are based on the works of renowned psychologist Dr. Alfred Adler and his beliefs in mutual respect, encouragement, and shared experiences. Our programs are developed from the democratic parenting style, where Parent Educators help parents explore ways to encourage children to become cooperative, self-confident, responsible and interdependent. Each session is tailored to equip parents with a set of skills and strategies to deal with the daily challenges of parenting relevant to today's society. This is done through interactive group participation, by creating an open atmosphere where parents feel comfortable to share ideas and the support in knowing that others are also experiencing similar situations. Courses usually run for 6 to 8 weeks from 2 to 3 hours per session. Workshops run for 2 hours.

Course and workshop topics are dependent on the availability of Parent Educators. For all course and workshop information and bookings please contact Lorie Ann Chapman, Program Coordinator at 905-452-0332 Ext. 221

Parenting Courses

Anger Management for Parents

Understand what triggers your anger. Learn skills to deal with conflict and anger. Explore expectations, communication styles as well as learn how to deal with power struggles. Your anger can be dealt with in a manner that leaves everyone's feeling okay.

How to Talk So Kids Will Listen (for parents of children 3 to 12 years of age)

Practical approaches to help parents improve listening skills, help children deal with their feelings, and engage co-operation. Learn alternatives to punishment, how to encourage responsibility and communicate with your children.

Parenting Teenagers (for parents of children 12 years of age and up)

Building responsibility and improving the relationship between parents and teenagers will be the focus of this series of discussion sessions. Topics to be covered will include: parenting styles, goals of misbehaviour, personality development, emotions, encouragement, listening skills, expressing feelings, discipline, development of responsibility and selecting appropriate approaches to discipline.

Parenting Young Children (for parents of children 1 through 5 years of age)

Explore how a child's personality, social skills, belief systems and lifestyle develop. Learn the purpose of misbehaviour and how to deal with it. Learn ways to handle crying, temper tantrums, jealousy and public misbehaviour.

Raising Responsible Children (for parents of children 6 through 11 years of age)

Create more satisfying, productive relationships with your children. Learn practical discipline methods, guidelines for building self-esteem, better family communication and much more!

Siblings Without Rivalry

Learn to help your children deal with their feelings about each other. Discover what to do when fights break out. Learn specific skills to help reduce friction and teach your children how to get along.



Parenting Mini-Courses

Enjoying Your Baby Mini Course (for parents of children 0 – 12 months of age)

Four session workshop series (1.5 hours per week)

Limited to 10 participants. Babies are welcome.

Knowing Your Baby

Examine realistic expectations, the importance of the early years, how differing temperaments affect your parenting styles and how to communicate with your baby through touching, holding, talking and listening.

Playing With Your Baby

Examine the ages and stages of development, the rhythm of your day and the importance of play. Find joy in playing with your child.

Teaching Your Baby-Discipline

Explore the skills of effective discipline for babies and learn the “alternatives to no”.

Teaching Your Baby Encouragement

Explore the language of encouragement. Overall review of all the skills learned in this and previous workshops and discuss how to use the skills in specific situations.

Parenting Young Children Mini Course (for parents of children 1 through 5 years of age)

Four session workshop series (2 hours per week)

Start Early To Set a Parenting Plan

Define your parenting style. Learn how family atmosphere and values, birth order and our expectations influence family harmony.

Understanding Your Child's Behaviour

Choose effective responses to common behaviours by learning about the Four Goals of Misbehaviour as well as ages and stages of development.

The Language of Encouragement

Encouragement is a skill to help children grow in self-esteem. It teaches children to believe in themselves and to recognize their own strengths and special qualities.

Listening and Talking To Young Children

Learn respectful communication that teaches you how to listen to your child's feelings. Explore common roadblocks to communication.

Siblings Without Rivalry Mini Course

Four session workshop series (2 hours per week)

Helping Siblings Deal With Their Feelings About Each Other

Recognize the source of our children's feelings about each other. Explore how to respond in helpful ways.

Equal Is Less

Children don't need to be treated equally; they need to be treated uniquely. Discussion will involve how to give love and time according to individual need.

The Perils of Comparisons

Sometimes we compare our children in hopes of motivating them. Discover encouraging techniques that will decrease discouraging comparisons.

When Kids Fight

Learn to intervene in helpful ways, acknowledge feelings while limiting actions, recognize the four levels of fighting and teach children the steps of conflict resolution.

Parenting Workshops

Alternatives to Rewards and Punishment

Children can cooperate and learn to think for themselves. Learn how to communicate with children and give them choices. Let them experience consequences and encourage them to act more responsibly.

Anger Management for Children (7-9 and/or 10-12 years of age)

Hey kids, do you sometimes lose your temper and feel like everyone is against you? Come and join us for a fun filled evening. Through reading stories and participating in hands on activities, children will be encouraged to share their feelings and learn positive skills to express their anger.

Anger Management for Parents

Understand what triggers your anger. Learn skills to deal with power struggles and conflict with children. Discuss expectations and communication.

Canadian Parenting and Traditional Values

Our personal values affect our parenting styles. Adapting to Canadian Parenting can be a cause of conflict and stress for a family. Help build a caring and positive relationship with your children while parenting in a new culture.

Coping With Your Child's Anger

Learn to understand your child's anger, what triggers it and where it comes from. Alternative ways of responding to children's anger will be discussed.

Discipline

Discipline is guiding and teaching. Learn how giving choices and natural and logical consequences encourages the development of your child's inner discipline.

Helping Your Child Develop Social Skills (for parents of children 5-12 years of age)

This workshop will help you as a parent to develop techniques to help your child become more socially competent and to set the stage for success in building relationships.

Homework Survival Strategies for Parents

Do you and your child(ren) battle daily over homework? In this two-hour workshop, we will discuss strategies to assist in developing positive homework habits as well as supporting the child in becoming more responsible for his/her own homework.

How to Talk So Kids Can Learn at Home and in School (elementary school level)

A practical approach to help parents and teachers create a respectful learning environment, where children are encouraged to take responsibility and exercise self-discipline through communication and cooperation.

How to Talk So Kids Will Listen (for parents of children 3-12 years of age)

Communication is the key to positive and respectful relationships. Improve your listening skills and learn respectful communication.

How to Talk So Parents (and Others) Will Listen (for children 7-9 and/or 10-12 years of age)

Do you ever feel that adults don't understand or care about your feelings? Do you find yourself screaming to be heard? Join us to explore effective communication skills, which can help you improve relationships at home and with your friends. Discover the magic of listening and giving clear messages.

The Joy of Single Parenting

Come and join other single parents and discuss how to make the most of the good times, make difficult times better, shared custody, co-parenting with your ex-spouse, share feelings and concerns.

The Language of Encouragement

Encouragement is a skill to help children grow in self-esteem. It teaches children to believe in themselves and to recognize their own strengths and special qualities. Discover how to be an encouraging parent.

Parenting Workshops (continued)

Parenting Young Children (for parents of children 1 through 5 years of age)

Examine realistic expectations, learn "alternatives to no" and explore effective discipline.

The Power of Choices

Children need opportunities to make choices and decisions for themselves. Through group discussions, personal stories and practice situations, parents find out how to raise good decision-makers.

The Power of Play

Successfully engaging your child in play activities can be mutually rewarding. Learn about developmental levels for children up to 5 years and stages of play, as well as age appropriate toys and activity ideas.

Problem Solving

Including our children in the problem solving process develops accountability and responsibility. Parents will look at ways to help children find alternative, useful and acceptable solutions.

Siblings Without Rivalry

Children can be friends. Learn to help them deal with their feelings about each other. Explore how to respond in helpful ways.

Strengthening Your Stepfamily

Find new ways of dealing with the struggles encountered in blended families. The topics will include: finding a parenting approach that suits you both; helping children adjust and feel comfortable with the new family structure; responsibilities of a step-parent.

Surviving Peer Pressure (for parents of children 9 through 12 years of age)

All children are influenced by their peers. How do we instill inner courage in our children so they trust their own feelings and make good decisions? Strategies discussed will give parents the tools to encourage children to think for themselves, gain confidence and have the courage to say NO!

Parenting Teenagers

Learn to keep the lines of communication open through development of encouragement and listening skills.

Time In Versus Time Out

"Time Out" does not have the calming effect on children that parents expect. Find out about methods of discipline that will stop unwanted conduct, build better behaviour in the future, and a process that helps parents connect with children.

Understanding Your Child's Behaviour (for parents of children 1 through 5 years of age)

All behaviour is motivated by a need to connect and belong. Parents will examine effective responses to children's behaviour and explore methods that children use to connect by looking at the four goals of misbehaviour.

What's Up? Your Child's Self-Esteem (for parents)

A positive self-esteem affects all facets of life: thoughts, behaviour, goals and relationships. Learn ways to encourage children to see themselves as worthwhile, lovable, capable and confident. Discover how to have a positive relationship by learning about the necessary ingredients needed to build healthy self-esteem.

What's Up? Self-Esteem for Children (for children 7-9 and/or 10-12 years of age)

This fun workshop will help kids develop skills to build positive self-esteem. Activities will focus on recognizing strengths and abilities, ways to deal with put-downs, what's needed to build and maintain high self-esteem.

Your Style of Parenting

Discover how your parenting style affects the relationship you have with your child. In this workshop you will identify the three styles of parenting and create a parenting philosophy for your family.