COMMON SENSE PARENTING®

Common Sense Parenting® (CSP) is a practical, skill-based program that provides easy-to-learn techniques to help you with today’s parenting challenges. These classes incorporate proven methods that were researched and developed at Boys Town.

Common Sense Parenting® offers training for parents who want to build on their existing skills or learn new ways of dealing with their children’s behaviors. Professional parent trainers teach the course.

CSP classes can help you:

» Build strong, healthy relationships with your children
» Correct and change a child’s problem behavior
» Minimize problems that disrupt family life
» Raise responsible, caring children

You’ll learn valuable skills, including how to:

» Communicate effectively
» Avoid power struggles
» Give positive attention
» Control your emotions
» Balance discipline with affection
» Praise your child’s good behavior

CSP classes are typically offered as two-hour sessions once a week over multiple weeks, based on the age of your child. Class descriptions can be found on back.
COMMON SENSE PARENTING® CLASSES

PARENTS OF CHILDREN 5 AND YOUNGER — SEVEN-WEEK CLASS

Sessions include...

» How I Grow and Learn helps you understand child development, set expectations based on your child’s development and find different ways to nurture your child.

» My First Teachers helps you teach young children right from wrong, using clear communication and reasonable positive and negative consequences.

» Catch Me Being Good helps you observe and create more opportunities to encourage your children’s good behavior through praise, attention and affection.

» Teach Me What To Do helps you learn effective ways to teach young children better habits through practice.

» Help Me Do What’s Right shows you how to correct problem behavior without the power struggle.

» Help Me Calm Down teaches you how to correct problem behavior and give children the time and skills needed to calm down.

» Putting It All Together helps you develop a parenting style based on the information you learned in class, including combining the new skills with the positive skills you already had, to improve relationships with your children.

PARENTS OF CHILDREN 6 AND OLDER — SIX-WEEK CLASS

Sessions include...

» Parents as Teachers shows you how to teach children self-discipline.

» Effective Praise helps you encourage the positive behavior your children do and teaches you how to respond enthusiastically and sincerely.

» Preventive Teaching enables you to teach your children what they’ll need to know in a future situation and practice using the skill in advance.

» Corrective Teaching responds to children’s problem behavior with teaching and practicing acceptable alternatives.

You will make a staying calm plan for when you get upset with your children.

» Teaching Self-Control is a skill you use to allow children time to calm down and remain calm in future situations.

» Putting It All Together helps you develop a parenting style based on the information you learned in class, including combining the new skills with the positive skills you already had, to improve relationships with your children.

GREAT DAYS AHEAD FOR PARENTS OF CHILDREN WHO HAVE ADHD — SEVEN-WEEK CLASS

Sessions include...

» Parenting Children who have ADHD gives you a brief definition, description of the symptoms, discussion of medications, and developmental strengths and the weaknesses of children who have ADHD. You will learn effective ways to set reasonable expectations for your child while developing workable family routines for your unique family concerns.

» Stop Preaching and Start Teaching shows you how to teach your child with ADHD using positive discipline, clear ways to communicate, and appropriate consequences that teach right from wrong.

» Use the Power of Praise teaches you the importance of nurturing your child with ADHD using various types of encouragement to enhance your child’s positive attempts, and improvements and accomplishments at home, at school and in the community.

» Show Your Child How to Fit In helps parents prevent common problem behaviors with their child who has ADHD. You will learn how to teach your child character and life building skills in fun and reinforcing ways that will help improve their peer relationships and ability to deal with everyday situations.

» Correction Without Anger teaches you how to respond calmly to your child’s frequent and frustrating problem behaviors by using contrasting correction to help you quickly and confidently attend to problem behaviors while providing your child with positive alternatives.

» How Can Parents Stay Calm gives you an easy-to-learn self-control method for you to use when your child with ADHD is not calm. Your ability to respond calmly to your child’s emotional outburst or meltdown allows you to get things calmed down sooner and return to teaching.

» Help Your Child Find Success in School enables you to develop a parenting plan using the information you have learned in the class to increase your child’s school success. The plan helps you to use your children’s strengths to enhance areas that they need to improve in school. You will discuss fun study tools, how to help your child get organized, and positive communication skills you can develop with your child’s school.

For more information or to register call us at 402-498-1059.