

DESCRIPTION OF C.I.D.S.' PARENTING CLASSES

Offered at no charge to all Chemung County Residents. Call (607) 733-6533 for more information or to enroll. Funding for CIDS' Positive Parenting Program is provided by the NYS Office of Children & Family Services, Chemung Valley Health Network., and the Healthy Families Program of Chemung County



POSITIVE PARENTING of NEWBORNS –AGE 3



POSITIVE PARENTING of CHILDREN, 4-12

Over the 8 weeks of these 2 courses, parents gain support & information about

- The ages & stages of child development
- The roles & goals of effective parents
- Communication between parent & child
- Temperament and its impact
- Resiliency and its limits
- Parental stress
- Differences in parenting styles
- Disagreements between parents
- Sibling rivalry
- Proven discipline techniques.

NO TIME TO TAKE A SERIES?

Our 3-hour Workshop “1-2-3-MAGIC”

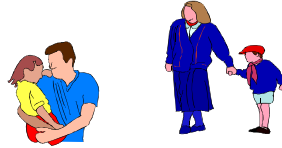
can help you learn to discipline 2 – 12 year-olds without yelling and getting upset



“PARENTING THE OPPOSITIONAL CHILD, AGES 6-16”

This course is designed to help parents whose child is misbehaving more than the average child, or who has been diagnosed with a behavioral disorder. During the 9-weeks, parents learn how to establish effective procedures to

- Understand how an oppositional child is “made” and “fixed”
- Cope with their child’s oppositional conduct.
- Establish procedures for discipline
- Impose effective structure
- “Shut off the noise” & really communicate
- Use self-control as an influence on their child’s self-control.



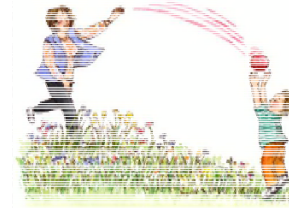
“CO-PARENTING AFTER SEPARATION & DIVORCE”

The focus of this 8-hour series (held in 3 sessions) is to help parents maintain their family’s mental, physical & emotional well-being during the stressful separation process.

- Session # 1 will be 3 hours long and will answer the WHY? questions, i.e. *Why do we need to shield our children from conflict between adults?*
- Session # 2, also 3 hours long, will answer the HOW? questions, i.e. *How do I co-parent with someone whom I no longer care for?*
- Session # 3, 2 hours long, will answer the WHO? questions, i.e. *Who can I turn to for help?* Guest speakers will include a mediator, an attorney, and a family therapist.

This course satisfies New York State Court requirements.

NOTE: Co-Parents attend separate sections. Step-parents are encouraged to attend with their partners.



“REUNIFICATION”

This 16-topic course is for parents whose children are in out-of-home placement. Referral by Child Protective Services Worker is necessary. Parents learn about

- Dealing with the responsibility of their child’s placement
- Helping their child cope with the placement
- Goal-setting & planning
- Preparing for court
- Managing their child’s behavior
- Handling home visits and dealing with foster parents
- Selecting caregivers and dealing with termination of services
- Building a support network both during placement and after the children’s return home.



“SURVIVING YOUR ADOLESCENTS”

A 3-hour workshop

This video-based program is derived from Dr. Thomas Phelan’s work, “Surviving Your Adolescents – How to Manage & Let Go of Your Teens”. Parents deepen their understanding that

- A teen differs from both a child & an adult
- Not all teens are created equal
- Not all problems deserve the same response
- There are 4 common mistakes to avoid, 4 communication techniques to try instead, & 4 roles a parent can take
- Risk-taking by teens is common and the “Big 3” risks need to be managed.

Call CIDS (733-6533) if your school, agency, or workplace is interested in hosting a parenting training.