



### The Active Parent

- Styles of parenting
- Brain development in children
- The method of choice

### Responsibility & Discipline

- Effective, non-violent discipline
- “I” messages
- Logical consequences

### Understanding and Redirecting Misbehavior

- Why children misbehave
- Eliminating power struggles
- Handling anger
- Problem Solving with FLAC

### Cooperation and Communication

- Who owns the problem?
- Active communication
- Feelings, empathy & problem solving

### Building Courage & Self-Esteem

- The Think-Feel-Do-Cycle
- The power of encouragement

### Active Parenting for School Success

- 7 Smart things for School Success
- Structuring homework time
- Alcohol, Tobacco and other drugs
- Family talks

**We are proud to bring the acclaimed Active Parenting program directly to you!**

**This virtual workshop will show you effective ways to...**

- use nonviolent discipline that really works
- open up lines of communication—before they get clogged
- teach responsibility, courage, and other important character traits
- encourage school success in 7 steps
- prevent future problems with alcohol, tobacco and other drugs
- defuse power struggles with your children
- stimulate independence as your child grows older
- stop scolding and start smiling with your kids again!

**Every Wednesday January 13 – February 24, 2021 6 – 8 pm**

**Register for Active Parenting™ by emailing to**

**Diana Fulcomer, Prevention Educator at [dfulcomer@gcasa.org](mailto:dfulcomer@gcasa.org)**