

2010 Parent Education Calendar

All classes listed are made possible through funding from The United Way of Ellis County and/or West Central Kansas Smart Start.

The Ten Steps to Positive Discipline: Parents learn how to take everyday situations and turn them into valuable learning moments in teaching children impulse control, conflict resolution, social skills and character development. This class concentrates on positive communication and revolutionary discipline techniques, based on the teachings of Dr. Becky Bailey, Ph.D.

When: Mondays, January 18 – February 15, 2010 - 6:30 – 8:30 pm

Where: Center for Life Experiences, 2900 Hall, Hays, KS

Cost: \$10.00 - Free Childcare available

Contact: Hays Head Start office - 623-2430

Building Blocks: Connecting with Your Child through Play: Parents of children ages birth – 5 learn how to play with their child while increasing the child's self-esteem and enhancing the relationship. Several sessions will provide an opportunity for parent and child to play together.

When: Thursdays, February 11 – March 11, 2010 - 6:30 – 8:30 pm

Where: Center for Life Experiences, 2900 Hall, Hays, KS

Cost: \$10.00 - Free Childcare available

Contact: Hays Head Start office - 623-2430

Parent Education Seminars offered by Light Of Hope and KS Counseling center, Hays, KS
Monday evenings, 6:30 – 8:00, 114 W. 11th. Call 785-301-2122 to register.

Guiding Your Child through Adolescence - January 18 & 25, 2010

Learn more about your changing role as a parent of a teenager, common challenges of adolescence, and improving family relationships.

Stepping Stones for Stepfamilies - February 8, 15, 22, 2010

Learn more about the challenges unique to couples and children within stepfamilies, and techniques for improving stepfamily communication.

The Five Languages of Love for Children - February 8, 15, 22, 2010

Learn about parent/child communication styles and how to express feelings of respect, affection and commitment.

Positive Discipline for Your Teen - March 1 and 8, 2010

Learn more about effective discipline, setting rules and consequences, and understanding your relationship with your teenager.

Being the Best Father You Can Be - March 29, 2010

Learn the importance of fatherhood and meeting your child's emotional, physical and educational needs, whether you are a single or married parent.