

# The Positive Parenting Program:

Offering a “toolbox” of practical ideas to encourage behavior you like. You choose what your family needs and what’s best! Raise happy, confident, respectful kids, and increase your confidence as a parent.



## HASSLE-FREE SHOPPING WITH CHILDREN

At this session, you’ll learn to teach children how to behave on shopping trips, learn step-by-step suggestions for preventing problems, become aware of common parent traps, and apply positive parenting strategies to other potentially difficult community situations.



## DEALING WITH DISOBEDIENCE

This session is aimed at applying positive parenting strategies to prevent disobedience. Discuss common forms of disobedience and some reasons for them, become aware of common parent traps, teach children limits, and learn to manage disobedience effectively.



## DEVELOPING GOOD BEDTIME ROUTINES

Explore common bedtime problems and some reasons for them, become aware of common parent traps, discuss the skills children need to get into a good bedtime routine, and learn three different approaches to encourage children to stay in their own beds. You choose which approach suits you!



## MANAGING FIGHTING AND AGGRESSION

Share experiences and discuss reasons children may be fighting, address sibling conflict, encourage cooperative behavior, help children get along with others, and learn how to teach skills, such as sharing, communicating, and being gentle.



## HASSLE-FREE MEALTIMES WITH CHILDREN

Discuss changes in children’s eating as they grow, along with common mealtime challenges. Establish clear mealtime rules, goals, and routines. Learn strategies for increasing food variety and apply positive parenting strategies to encourage good mealtime habits and behaviors.

These 2-hour sessions can be either in person or over Zoom, with your choice of an individual or group format. A one-time gift card incentive will be provided to eligible parents who complete the program. These programs are open to custodial parents and kinship caregivers who are residents in Ashland, Holmes, or Wayne County.

