



MONTHLY

PRESENTS:

PARENTING

WORKSHOPS

Workshops are based on the work of Adlerian psychologist, Dr. Rudolf Dreikurs.

They emphasize empowering families in a non-judgmental way and use non-verbal communication methods to encourage children. Discipline is viewed as a positive and motivating tool to teach children self-control. Parents will learn how to set limits and boundaries for the parent and the child; how to enhance the children's self-esteem; ways to encourage the child to actively take responsibility for their own life; and how to promote cooperation and successful attitudes.

The ultimate goal is to create more enjoyment & fun in the relationships between children & adults.

Sessions are from 9:30am to 11:00am, Friday mornings at: The Jewish Center - 435 Nassau Street, Princeton, NJ 08540

See what all the excitement is about! **September's Workshop is a cool \$10/individual if registration is received by 9/16!**

Single sessions thereafter are \$25/individual. Sign up for 4-7 sessions by 10/12 for \$20/session Sign up for all 8 sessions by 10/12 for \$15/session

September 25: Balancing Love and Discipline

Deciding how much discipline to use is a balancing act - how much love is too lenient and how much discipline is too strict? This workshop introduces the concept of being firm and kind at the same time, giving unconditional love and the value of more action and less talk.

October 23: "No I Won't and You Can't Make Me!" 17 Methods to Effectively Handle Power Struggles

This workshop teaches why we all, and especially children, love to power struggle, how to prevent power struggles and steps to disengage from a power struggle when in the midst of one.

November 20: Handling Sibling Rivalry & Fighting

Children will have conflicts and siblings will be competitive. Discover how to bring peace to the fights and how to teach children the skills they need to resolve their conflicts in a peaceful manner.

December 18: Teaching Children Self-Control

Especially during the holidays, it's important for children to learn self-control. Within developmental guidelines, this workshop will show how it is the parents' job to assist the child in learning how to control and appropriately express their feelings and desires.

January 22: Parenting Your Spirited Child

Do you look at other parents with their children and ask yourself why does it look so easy for them? Spirited children can easily overwhelm parents, leaving them feeling frustrated and inadequate. Spirited children are, in fact, simply "more" intense, sensitive, perceptive, persistent and uncomfortable with change than the average child. Learn how to come to appreciate your spirited child and take home proven strategies for handling mealtimes, bedtimes, school and many other situations.

February 19: Before Push Comes to Shove: Teaching Conflict Resolution Skills to Your Child

Teach your child how to resolve conflicts without resorting to violence. Learn specific methods of "win-win negotiation" where both parties are happy with the outcome. Learn how to teach your child these skills and how to model non-violent ways to resolve conflicts.

March 19: Setting Limits and Making Them Stick

This workshop teaches how a small shift in style can create a more peaceful home. We will explore why many people have difficulty setting limits and specific techniques to handle everyday challenges.

April 23: Effective Parent-Child Communication

We always seem to know how to tell children what to do and how to do things, but we don't always know how to talk to them. Learn how to listen, acknowledge, give genuine attention to and appropriately handle the feelings of children.

May 21: Consequences That Work

Instead of punishment, learn a way to discipline that increases children's self-esteem. Learn ways to incorporate your child into the process of discipline and watch family conflict decrease as a result.

** Requires a minimum of 10 participants for each session**

Sessions are facilitated by Jill Kaufman, LCSW & Certified Parent Educator. Ms. Kaufman is a dynamic speaker and educator who has led trainings, workshops and seminars at schools, religious institutions, corporations and community organizations.

Please contact Debra at (609) 987-8100 or debral@jfcsonline.org with any questions.

Detach & mail this form to: Jewish Family & Children's Service, 707 Alexander Road, Suite 102, Princeton, NJ 08540. Attn: Debra Levenstein.

I will be attending the selected session(s) below:

- 9/25: Balancing Love & Discipline
10/23: 17 Methods to Effectively Handle Power Struggles
11/20: Handling Sibling Rivalry & Fighting
12/18: Teaching Children Self-Control
1/22: Parenting Your Spirited Child
2/19: Teaching Conflict Resolution Skills
3/19: Setting Limits & Making Them Stick
4/23: Effective Parent-Child Communication
5/21: Consequences That Work

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