

PARENTING ON PURPOSE

"skills for people who love children"

Parenting on Purpose is a 6 week, 18 hour course designed for parents and others who love children. The class focuses on proven skills and techniques that will help you to have more of what you want in your family relationships. Together with others who share your goals and concerns, you can expand your parenting options in a warm, supportive, and user-friendly environment.

DO YOU RECOGNIZE ONE OF THESE CHILDREN?

- a toddler who demands excessive attention
- the child who constantly challenges authority
- the siblings who fight
- whining child who says, "I can't"
- the teenager who breaks the rules
- the bully who pushes others around
- the child who refuses to accept responsibility

DO YOU FIND YOURSELF...

- having to yell to get things done?
- bribing or bargaining with your children?
- feeling frustrated, guilty, angry or unsure as a parent?
- giving in to avoid conflict with your children?
- resorting to hitting, slapping or spanking?
- feeling powerless as a parent?
- shut out of your children's lives?

DO YOU HAVE A FAMILY THAT YOU ENJOY BEING A PART OF?

Join us and learn to

- focus on **problem solving** without judging the child
- identify your parenting **goals**
- understand the **reasons** behind your child's behavior
- help your children **feel good** about themselves
- get comfortable with **feelings** and their expressions
- discipline with **kindness**
- **unify** your family
- encourage children to be **responsible** for their actions
- use logical and natural **consequences**
- drop power struggles and develop **win/win strategies**
- eliminate sibling rivalry and **enrich** sibling relationships
- use **positive** communication skills
- have more **fun**

Parenting on Purpose is facilitated by Sydney Shepperd, mother of two. Sydney is a certified parent educator, brain reflex integration specialist (MNRI), a certified learning specialist and an instructor of Brain Gym® (educational kinesiology). Sydney has been providing educational resources to parents, children and families in our community for over 20 years. She loves what she does and it shows!

INVESTMENT

Your investment is \$250 per person or \$375 for couples including a book and classroom materials.

The course is appropriate for parents of all age children, and all family situations, whether or not you are currently experiencing a challenge.

FOR CLASS SCHEDULE:

Sydney Shepperd (925) 449-4890
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"What you have in your life right now is the direct result of what you are doing right now. If you want it to be different, CHANGE SOMETHING"