

STEP (Systematic Training for Effective Parenting) Group at The Acorn!

Six Session Class

Tuesday Mornings January 7 – Feb. 11; 9:20 A.M.

Katie Gaebel, alumni teacher who taught with us for seventeen years at The Acorn, is teaching a course on Positive Parenting Strategies in our upcoming STEP Parenting Class. Katie earned her BA in Special and Early Childhood Education and holds her Master's Degree in Elementary School Counseling. She has enthusiastically led these STEP parenting courses for many years, and parents have gained a new perspective and set of skills to use in parenting.

The STEP program teaches extremely positive approaches to understanding and raising children. The STEP approach includes appreciating that children's behaviors are motivated by a variety of goals, that encouragement for children becoming the best that they can be is extremely important, and that family councils for making decisions for and with children are highly valued.

The STEP program teaches a variety of parenting skills and strategies, including:

- Understanding Yourself and Your Child
- Understanding Young Children's Behavior
- Understanding Beliefs and Feelings
- Building Self-Esteem in the Early Years
- Effective Listening and Talking to Your Child
- Effective Discipline
- Problem Solving
- Natural and Logical Consequences
- Encouragement: Encouraging Your Child and Yourself
- Communicating with Young Children
- Helping Children Learn to Cooperate
- Discipline that Makes Sense
- Understanding Your Parenting Style
- Choosing Your Approach
- Nurturing Emotional and Social Development
- The Goals of Child Misbehavior
- The Courage to be Imperfect

A morning class back by popular demand!
Enroll NOW! Minimum of 6 participants;
class limit – 16
Great for grandparents, too!

The classes will be held on Tues. mornings, from 9:20 to around 11:30, starting Jan. 7. The cost will be \$90 for one parent and an additional \$55 if both parents attend. This includes one parent workbook per family that will be used throughout the course. Please mark your calendars now and return the form provided on the reverse side!

Comments from previous classes...

I learned about "I" messages, to watch my tone and body language, and to listen without always rushing in to fix feelings. Danielle

This class has taught me to set realistic and practical expectations, and has given me insight on my children's behavior, with a positive way to approach the negative behavior. Michelle

I learned now to communicate more effectively and not get frustrated so easily. Techniques were very helpful. Katie is a wonderful teacher! Courtney

I've learned to more effectively communicate with my son which has improved our relationship, environment, and my confidence in parenting. I got much more out of this class than most classes I've taken. Ernest

This has been a wonderful experience: equal parts comic relief and therapy. The class was so supportive of each other and everyone engaged. Truly – highlight of our time at The Acorn – everyone should do it! Rebecca

To enroll in the class, please complete the attached sheet and return it with your class fee as soon as possible. The class size is limited to the first 16 parents to enroll, with preference given to current Acorn families. If you have any questions regarding the course, you can e-mail Katie at cmocg@aol.com, or call her at 497-2168. Thanks!

STEP

SYSTEMATIC TRAINING for EFFECTIVE PARENTING

REGISTRATION FORM

1st attendant name

2nd attendant name

Address _____

Phone Day _____ Evening _____ Mobile _____

E-mail address

Children's ages

\$90.00 X 1 for 1st parent (includes Parent Handbook) = \$ 90.00

\$ 55.00 X _____ for 2nd parent/grandparent = \$ 55.00

Total enclosed \$

Make check payable to The Acorn

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