

Join us for one or more of the classes in the 2015 Parenting Successful Kids Series!

Step One:

Choose the class or classes you want to attend from the front of this brochure.

Step Two:

Register by calling Iowa State University Extension and Outreach, Scott County at 563-359-7577. At registration you will be asked some questions about your family.

Step Three:

At the first class you attend, you will be asked to complete a form that tells us about your family. This confidential information will be used to report on who we have served this year.

Step Four:

Attend class!

5:30—6:00 Free dinner!

6:00—7:30 Free class!

Step Five:

Everyone who attends will receive a free gift at each session to help implement what was discussed in that session. Parents who attend at least five of the ten sessions will receive \$50 worth of incentives of their choice!

Step Six:

Tell us what you learned! After each class you will complete a short survey telling us what you learned.



Frequently Asked Questions

Can I bring my children?

No. This is an adult-only class. However, parents can ask to have us pay their babysitter \$25.00 for each class attended. Ask about this at registration.

What age of children will be discussed in these classes?

The topics in these classes are primarily intended for parenting children in grades kindergarten through fifth. However, many topics are also applicable to younger and older children. If you have questions, ask at registration.

Who can attend?

Any Scott County resident who is raising or helping raise a child.

Are these classes really free? What's the catch?

Yes, these classes are really free. We provide dinner, child care reimbursement and incentives to help families be able to attend. There is no catch!

How many people must sign up to have the class?

A minimum of ten adults must be registered five days prior to the class in order to hold it. If a class is cancelled due to low registration, individuals who have registered will be called.

Parenting Successful Kids

*Raising kids is harder than ever!
There are so many things to worry about that it can be hard to know what to do! The good news is that there is more research today than there ever has been about how to raise caring, competent, contributing kids!
Join us for education and discussion about your most important job—parenting!*

January through December 2015
Parent Education for Scott County
parents and caregivers

Offered by

IOWA STATE UNIVERSITY
Extension and Outreach

With support from



Month One: Being a Balanced Parent

February 3, 2015

5:30 – 6:00 Dinner

6:00 – 7:30 Education

Research tells us that we each have a specific approach to parenting that leads to certain outcomes for our children. Each of these approaches occurs through a combination of the two vital aspects of parenting: love and limits. Find out what your style is, how it is affecting your children, and ways to work toward a more balanced approach to parenting that can help your children reach their maximum potential.

Month Two: Preventing Discipline Issues

March 24, 2015

5:30 – 6:00 Dinner

6:00 – 7:30 Education

80% of any problem is preventing it in the first place! This session will focus on ways to organize family life that prevent school-agers from engaging in behavior that is inappropriate, unsafe, or irritating. Find out simple ways that reduce the stress in your household that you can start implementing tomorrow!

Month Three: Discipline by the Ages

April 28, 2015

5:30 – 6:00 Dinner

6:00 – 7:30 Education

Managing children's behavior is easiest when it is tailored to what they know, understand and can do at each age. This session will discuss what to expect at each age of development, and how to effectively handle common behavioral issues at each of these ages.

Month Four: Establishing Effective Rules and Consequences

May 5, 2015

5:30 – 6:00 Dinner

6:00 – 7:30 Education

The hallmark of good household behavior is good household rules. Learn how to establish rules that are appropriate for school-agers, and encourage good behavior. Then, find out how to set consequences that make sense, are easy to remember, and reinforce real life lessons about the world when children make choices to break the rules.

Month Five: Was He Born Like That? Understanding Temperament

June 25, 2015

5:30 – 6:00 Dinner

6:00 – 7:30 Education

The part of our personality that we are born with is called our temperament. People are "wired" with their own combination of nine different temperament traits that combine with our experiences to make us who we are. Understanding our child's unique temperament and the way it interacts with our temperament is an important part of understanding and supporting positive growth and development of all children.

Month Six: Power Struggles

August 20, 2015

5:30 – 6:00 Dinner

6:00 – 7:30 Education

Power struggles are the natural result of a parent's desire to be in control of their child and a child's desire to be in control of themselves. In this program, parents will learn why power struggles occur, how to recognize and "unplug" a power struggle, the three outcomes a power struggle can have, and how to decide how you will handle each kind of struggle. In addition, learn about what happens when children do not have enough control and cannot make their own decisions.

Month Seven: Raising Responsible Children

September 14, 2015

5:30 – 6:00 Dinner

6:00 – 7:30 Education

At some point all parents struggle with how to encourage children to be more responsible. This program will discuss the difference between responsibility and obedience, what the components of responsibility are, and what are appropriate levels of responsibility to expect from children. Parents will also learn ways to build the skills that lead to responsible decisions and how to deal with housework and homework hassles.

Month Eight: What's going on with my "Tweenager?"

October 19, 2015

5:30 – 6:00 Dinner

6:00 – 7:30 Education

A "tweenager" is a young person from ages 10-16. "Tweenagers" happen to every family. Our once sweet and thoughtful son or daughter has evolved into a bathroom-stealing, phone-hogging, door-slamming, opinionated, hormone-laden rule-breaker who would rather do anything than spend time with the family. What is going on here? In this session, parents will learn the top five reasons why our "tweenagers" stress us out and what parents can do to keep the peace and help our children survive and grow during these difficult years.

Month Nine: How to Handle Sibling Rivalry

November 5, 2015

5:30 – 6:00 Dinner

6:00 – 7:30 Education

While sibling rivalry is a normal part of life within the family, it can be frustrating to parents and caregivers. Siblings' first fights are usually over material objects; later fights can be about attention. When parents try to deal with sibling rivalry they often make it worse. In this parent session, learn the common mistakes parents make when facing sibling rivalry and how to deal with the situation positively. Also included in this session is information about how to prepare an older child for a new baby in the family.

Month Ten: Media Literacy – What every family needs to know

December 15, 2015

5:30 – 6:00 Dinner

6:00 – 7:30 Education

The verdict is back! Media really does impact us all – especially children. This presentation will address what the research tells us about how television, movies, video games, the internet and advertising affect violence and aggression, tobacco, alcohol and drug usage, disordered eating, and other anti-social behaviors. Find out ways to help your family be smart consumers of media.



Questions?

Visit us online at www.extension.iastate.edu/scott
or call 563-359-7577

Want to Register?

Call Iowa State University Extension and Outreach, Scott County at 563-359-7577

Location?

All classes will be held at
Iowa State University Extension and Outreach,
Scott County
875 Tanglefoot Lane
Bettendorf, Iowa 52722

