

A DESCRIPTION OF C.I.D.S.' PARENTING CLASSES

Offered at no charge to all Chemung County Residents. Call (607) 733-6533 for more information or to enroll.

Funding for CIDS' Positive Parenting Program is provided by Chemung County Youth Bureau, NYS Office of Children & Family Services, and Community Foundation of Elmira-Corning Area.



POSITIVE PARENTING OF 2-12 YEAR-OLDS

Parents of children ages newborn to 12, over the 8 weeks of this course, gain support & information about

- The ages & stages of child development
- The roles & goals of effective parents
- Communication between parent & child
- Temperament and its impact
- Resiliency and its limits
- Parental stress
- Differences in parenting styles
- Disagreements between parents
- Sibling rivalry
- Proven discipline techniques.



POSITIVE PARENTING OF TEENS & PRE-TEENS

This video-based program is derived from Dr. Thomas Phelan's work, "Surviving Your Adolescents – How to Manage & Let Go of Your Teens". Through this 8-week course, parents deepen their understanding that

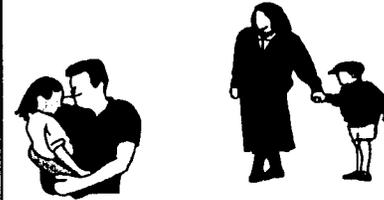
- A teen differs from both a child & an adult
- Not all teens are created equal
- Not all problems deserve the same response
- There are 4 common mistakes to avoid, 4 communication techniques to try instead, & 4 roles a parent can take
- Risk-taking by teens is common and the "Big 3" risks need to be managed.



PARENTING THE OPPOSITIONAL CHILD, AGES 6-16

This course is designed to help parents whose child is misbehaving more than the average child, or who has been diagnosed with a behavioral disorder. During the 8-weeks, parents learn how to establish effective procedures to

- Understand how an oppositional child is "made" and "fixed"
- Cope with their child's oppositional conduct.
- Establish procedures for discipline
- Impose effective structure
- "Shut off the noise" & really communicate
- Use self-control as an influence on their child's self-control.



CO-PARENTING AFTER SEPARATION & DIVORCE

The focus of this 8-week series is to help parents – for the sake of their children's mental, physical & emotional well-being – to

- See family breakups from a child's view
- Shift from an intact intimate relationship with a partner or a spouse to a non-intimate, business-like relationship
- See clearly which of their own actions must be changed in order to minimize the damage being done to their children
- Take parental responsibility for the quality of their children's health & happiness
- Develop mature problem-solving
- Let go of what is not working for their children or themselves.
- Co-Parents attend separate sections.



REUNIFICATION

This 16-session course is for parents whose children are in out-of-home placement. Referral by Child Protective Services Worker is necessary. Parents learn about

- Dealing with the responsibility of their child's placement
- Helping their child cope with the placement
- Goal-setting & planning
- Preparing for court
- Managing their child's behavior
- Handling home visits and dealing with foster parents
- Selecting caregivers and dealing with termination of services
- Building a support network.