



Parenting Power™

tools for *real life* parenting



Spring 2010 Program Calendar

Parenting with a Plan™

Experience step by step changes in your parenting. It's all part of the plan. This 5 week format includes the Parenting with a Plan™ Handbook.

- Open your eyes to what's happening in your family right now
- Clearly state your needs and teach your children how to change.
- Support your child's feelings and express yours
- Encourage your child's autonomy and foster self-esteem.

\$260/family or \$208/family (members)

April 12, 19, 26, 31; May 3, 2010

8:00 pm - 9:30 pm MST

March 1, 8, 15; April 12, 19, 2010

8:00 pm - 9:30 pm MST

Teens and Attitude – Why Does It Happen and What Can I Do?

What are realistic expectations for your teen's behavior? Learn developmental reasons for the behavior and strategies (for the parent and the teen) to survive adolescence.

\$85/family or \$68/family (members)

Wednesday, May 12, 2010

8:00 pm - 9:30 pm MST

helping parents to be

confident, capable + calm

...in facing everyday parenting challenges

Self Esteem for your Child – A 5 Week Book Club Series

Based on the book by Polly Young-Eisendrath, this series includes:

- A copy of *The Self-Esteem Trap*
- A Parenting Power extended and bound Workbook with room for personal notes and self-discovery
- 5 - 90 minute meetings to work purposely through the contents of the book
- Answers to your own questions about parenting arising from the awareness generated by the book

\$295/person or \$236/person (members)

This course requires a minimum of 6 participants. We invite you to choose the time and dates that work for you and a group of your friends to fit your schedule. We then offer the course in the venue of your choice over 5 weeks, or alternately as a teleconference.

All course fees include:

Toll-free teleconference

Free recordings: listen again and again

15 minute private telephone coaching, for the chance to ask anything that you may have forgotten when in the course. Just call us to arrange a time that works for you.

Courses by Design

Parenting Power can customize any course for your specific requirements, and can be held through your children's school, in your workplace, or any venue of your choice for groups over 6 people. For more information and a complete list of courses please visit our website.

www.parentingpower.ca

"Of all the courses I have taken, books I have read, and articles that I have found on parenting on the internet, this is by far the most helpful! I only wish that I would have contacted you years earlier!"

~Jenny

"We really appreciated your objectivity and non-judgmental manner... it made it really easy to ask what we felt seemed like silly questions."

~Kristie

"The teleconference part was fabulous as it just made the class so convenient!"

~K

Register soon, course spaces are limited!

403.281.2524
enroll@parentingpower.ca



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Let's Talk Toddlers and Tantrums

Full of energy and excitement, our toddlers experience emotions with their whole bodies. Bring your questions and learn how to support your toddlers through their ups and downs. We'll talk tantrums, toileting, and even time-outs. Gain practical approaches to help keep you calm and your child learning.

\$85/family or \$68/family (members)

Wednesday, May 5, 2010
8:00 pm - 9:30 pm MST

Let's Talk Preschoolers

Do you ever feel like you are talking to yourself? Why don't they listen? Bring your questions and learn how to encourage your child's independence while teaching them to listen the first time. Help everyone in your family to feel Confident, Capable and Calm.

\$85/family or \$68/family (members)

Wednesday, April 14, 2010
8:00 pm - 9:30 pm MST

Potty Power

Just like with any other milestone, toilet-training is about determining what's right for you, and then making a plan. This course outlines the signs of readiness for your child and you, as well as strategies to use along the way.

\$85/family or \$68/family (members)

Thursday, May 27, 2010
8:00 pm - 9:30 pm MST

Sleep - There is More than One Solution™

We all remember those nights of sleep and mornings of sleeping in. Will they ever come again? Sleep deprivation impacts every part of your day at work and at home. You owe it to your child and yourself to teach your child to sleep. Learn about various methods and find one that will work for your family.

\$85/family or \$68/family (members)

Monday, May 10, 2010
8:00 pm - 9:30 pm MST

Sibling Rivalry - Staying Calm when they're Not!

The fighting and hurting between siblings can seem never-ending and devastating. Learn valuable Parenting PowerTools to understand and deal with this behaviour.

\$85/family or \$68/family (members)

Wednesday, April 28, 2010
8:00 pm - 9:30 pm MST

Join Us! Become a Member

Members get **20% off** all courses, coaching and products.

Plus once a month...

The opportunity to express concern, gain advice or ask specific questions in a 15 minute phone session. This scheduled call helps keep our commitment to being better parents front of mind, and gives you peace of mind when feeling overwhelmed by day to day challenges.

Membership also includes a monthly **Parenting Power CD** along with informative articles. Enjoy this at your leisure, when you feel you need a refresher, or share it with friends.

Become a member today!

403.281.2524
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watch us on:
City TV

8:35 am Thursdays

hear us on:
CBC radio one

12:20 pm bi-weekly Wed

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