



Winter 2012 Program Calendar

Book Clubs: 5 Week Series

Self Esteem for your Child

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

\$320/person or \$256/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.

Raising Self-Reliant Children in a Self-Indulgent World; Seven Building Blocks for Developing Capable Young People

Bestselling authors H. Stephen Glenn and Jane Nelsen developed this book based on research of young people most likely to become clients of the justice system, human services system, and social welfare system. This series outlines what Glenn and Nelsen describe as the "The Significant Seven" - the seven most poorly developed characteristics of children in their developmental years, which can be correlated to those who failed to realize their potential later in life.

As we take your book club through the chapters of this book, we'll discuss how to implement real life parenting tools while your children are young and developing. Helping to foster self-reliance and ability in children now, may prevent them finding themselves facing the consequences listed above.

\$320/person or \$256/person (members)

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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.

last chance to take this course as a teleconference!

\$285/family or \$228/family (members)

February 1, 8, 15, 22, 29, 2012
8:00 pm - 9:30 pm MST

Getting Out the Door Alive!™

Get your mornings moving smoothly and from there, why not mealtimes and bedtime as well? Establish clarity and independence for all of the members of your family.

\$95/family or \$76/family (members)

Tuesday, February 7, 2012
8:00 pm - 9:30 pm MST

"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

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

Register soon, course spaces are limited!

403.281.2524
enroll@parentingpower.ca

All prices include GST



Winter 2012 Program Calendar

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.

\$95/family or \$76/family (members)

Tuesday, February 21, 2012

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.

\$95/family or \$76/family (members)

Monday, February 13, 2012

8:00 pm - 9:30 pm MST

"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

Keeping Your Cool When Things Get Hot

Parenting situations can heat up at the drop of a hat: Sometimes our kids struggle with things we think should come easily, they don't listen or life just doesn't go as planned. Have you ever wondered how to manage your own frustrations, feelings, and anger before you join the temper tantrum? This course will set you up for success so that you can remain calm and productive in the situation and get things back on track.

\$95/family or \$76/family (members)

Tuesday, March 13, 2012

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)

Tuesday, March 6, 2012

8:00 pm - 9:30 pm MST

Join Us!

Become a Member

A Parenting Power membership includes a 20% discount on any of our courses, coaching and recordings. You will also receive a monthly Parenting Power CD along with an informative email article. Enjoy these at your leisure, when you feel you need a refresher, or share them with friends.

As a new member, you also receive one free, 15-minute coaching call that you schedule when most convenient for you and your family. You'll see how having the opportunity to express concern, gain advice or ask specific questions keeps our commitment to being better parents front of mind, and gives parents peace of mind when feeling overwhelmed by day to day challenges. Members can use their 20% discount to book further coaching when required.

Become a member today!

403.281.2524

membership@parentingpower.ca

**Register soon, course
spaces are limited!**

All prices include GST

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www.parentingpower.ca

hear us on:

CBC radio one

3rd Wed every month
12:20 pm

watch us on:

CTV noon show

3rd Mon every month
12:00 pm

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