

BASIC Parenting

Basic Parenting is based on the *National Extension Parent Education Model of Critical Parenting Practices*. This model emphasizes six critical areas.



Care for self

Emphasizes the parent's personal well being, e.g., managing personal stress.



Understand

Emphasizes parent's knowledge about children, e.g., observing and understanding children and their development.



Guide

Emphasizes the use of influence and authority, e.g., establishing and maintaining reasonable limits.



Nurture

Emphasizes emotional support for children, e.g., expressing affection and compassion.



Motivate

Emphasizes the more intellectual pursuits, e.g., teaching children about themselves, others, and the world around them.



Advocate

Emphasizes reaching out beyond one's resources to benefit one's children and the community of children.

"The key to successful parenting... is based on your deepest feelings of love and affection for your child, and is demonstrated simply through empathy and understanding. Good parenting begins in your heart, and then continues on a moment to moment basis by engaging your children when feelings run high, when they are sad, angry or scared. The heart of parenting is being there in a particular way when it really counts"

John Gottman, Ph.D.

Please direct correspondence about the Basic Parenting Workshop to:

2001 Claflin Road

Manhattan, KS 66502

Phone: 785-587-4300

E-mail: Parentingclass@pawnee.org

The instructor for the Basic Parenting Workshop is Jeremy Boyle, MS, LMFT, CFLE

The Basic Parenting Workshop was created by Dr. Charles A. Smith, an extension specialist at Kansas State University.

BASIC Parenting

Raising children in today's world can be challenging for any parent.

Children don't come with an owners manual.

Experience helps, but we could all use a refresher course.



The mission of Pawnee Mental Health Services is to enhance and strengthen the wellness of our communities by providing quality mental health and substance abuse treatment

www.pawnee.org
Tel: 785-587-4300





Enrollment Information

Basic Parenting is a six session workshop that needs to be attended in its entirety to receive full benefits of participation. Because of the interactive nature of the workshop, only 20 individuals will be enrolled for each workshop block.

The Cost of the workshop is \$60.00 and includes all course materials and child care for children ages 18 months to 12 years (see below).

City of Manhattan residents are eligible for a scholarship to help cover the cost of the workshop.

The registration form, and payment in full must be received by the Friday before the program start date. City of Manhattan Residents must submit the registration form and a copy of a current utility bill that shows the registrant to have a Manhattan address.

Attendance Policy

In order to gain full benefits from the Basic Parenting Workshop it is necessary for individuals to attend all six sessions.

Participants will be expected to complete the block of classes for which they signed up.

Upon completion of the six sessions of the workshop, a certificate of workshop completion will be given to each participant.

Child Care

Child care will be provided by Pawnee's community based services staff, at the same location where the parenting workshop is being offered. Child care is offered for children of attendees ages 18-months to 12 years. If you are in need of child care during the sessions, advanced notice must be given so that sufficient staff are available to provide child care.

Enrollment Form

To register in person please bring payment(\$10.00 for the first session or \$60 to pay in full) and enrollment form to :

2001 Claflin Road, Manhattan

or

Mail your payment and Enrollment to:

PO Box 747, Manhattan, KS 66505,

or fax to 785-587-4305.

Workshop Dates (Choose one block of classes)

- | | Registration | Deadline |
|---|------------------|----------|
| <input type="checkbox"/> Jan. 3, 10, 17, 24, 31,
Feb. 7 | 6:30-
8:30 pm | 12/30/11 |
| <input type="checkbox"/> Feb. 28,
March 6, 13, 20, 27,
Apr. 3 | 6:30-
8:30 pm | 02/24/12 |
| <input type="checkbox"/> Apr. 17, 24,
May 1, 8, 15, 22 | 6:30-
8:30 pm | 04/13/12 |
| <input type="checkbox"/> June 19, 26,
July 3, 10,17, 24 | 6:30-
8:30 pm | 06/15/12 |
| <input type="checkbox"/> Aug. 21, 28,
Sept. 4,11,18, 25 | 6:30-
8:30 pm | 08/17/12 |
| <input type="checkbox"/> Oct. 9, 16, 23, 30,
Nov. 6, 13 | 6:30-
8:30 pm | 10/05/12 |

Personal Information

Name: _____

Address: _____

Phone: _____

Payment Options

Cash___ Check___ Credit/Debit Card___ Money order___

(Please make checks and money orders payable to:
Pawnee Mental Health Services)

Credit Card Payment	
Amex_____ Discover_____ MasterCard_____ Visa_____	
Name on Card_____	
Credit Card Number_____	
Expiration Date_____	

In order to help the workshop instructor better fit the workshop to participants' needs, please answer the following questions.

What are the names and ages of your children? Please identify your relationship: father or mother? Stepparent? Foster Parent? Grandparent? Guardian? (Please circle the name(s) of your child(ren) for whom you will be needing child care).

Name	Age	Relationship

What is the most difficult challenge you now face as a parent?

The Basic Parenting Workshop covers many issues. What specific issue would you like the workshop to address?

Imagine for a moment that you are through with the sixth and final session of the Basic Parenting Workshop and you are feeling very happy about the program. What happened to make it successful for you?

