



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."

Please direct correspondence about the Basic Parenting Workshop to:
423 Houston Street
PO Box 747
Manhattan, KS 66505-0747
Phone: 785-587-4350
E-mail: Parentingclass@pawnee.org

The instructors for the Basic Parenting Workshop are Kylee Anderson and Heidi Swanke

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



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 provide comprehensive quality mental health and substance use treatment and recovery services to strengthen the wellness of our communities.

www.pawnee.org
Tel: 785-587-4350



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

City of Manhattan residents are eligible for a scholarship to help cover the cost of the workshop. City of Manhattan residents must submit the Enrollment Form and a copy of a current utility bill that shows the registrant to have a Manhattan address to be eligible. *"Funding in part provided by the City of Manhattan."*

Residents outside the City of Manhattan

The Enrollment Form, and payment (\$10.00 for the first session or \$60 to pay in full) must be received by the Friday before the program start date.

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 Youth Rehabilitation 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 423 Houston Street, Manhattan, KS

or

Mail your payment and Enrollment Form to:

Pawnee Mental Health Services

PO Box 747, Manhattan, KS 66505-0747

or Fax to 785-587-4351

2017 Workshop Dates

(Choose one block of classes)

Registration
Deadline

- | | | |
|---|------------------|----------|
| <input type="checkbox"/> March 6, 13, 27
April 10, 17, 24 | 6:00-
8:00 pm | 03/03/17 |
| <input type="checkbox"/> May 17, 24
June 7, 14, 28
July 5 | 6:00-
8:00 pm | 05/12/17 |
| <input type="checkbox"/> August 21, 28
Sept. 11, 18
Oct. 2, 9 | 6:00-
8:00 pm | 08/14/17 |

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? Step-parent? Foster Parent? Grandparent? Guardian? Please circle the name(s) of your child(ren) for whom you will need 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?

