

Recover Appalachia

New Directions Parenting Course

“Challenges are not obstacles, but opportunities for growth.” – ACCI

Parenting is not easy, however there are many things that a parent/caregiver can do to improve their relationship with their children or children in their care. This parenting course will assist the participants in becoming more aware of the impact that they have on their children’s growth and development; emotionally, physically, psychologically and spiritually. This course will contain information and skills that can be used to assist those who desire to be more effective parents and/or caregivers.

We are currently offering a 9 module parenting educational course. The group parenting course will take place each Thursday until the 9 modules are completed. (Estimated 6 to 7 weeks).

After each class, or by appointment, the instructor will be available for participants who desire and/or are in need of one-on-one, age specific, behavior specific education, skills and strategies that may assist them in becoming a more positive and effective parent.

Week 1: Beginnings; subconscious programming of the parents/caregivers.

Children's Hierarchy of needs

Silent Parenting, Balance

Empathy

Week 2: Families: A look into a family system, over generations, who

Experienced both negative and positive programming and
the outcomes for each family.

Validation

Week 3: A Personal Way of Being: Ability to change programming of the past.

Positive way of being vs negative way of being

What is self-deception?

Growth vs Decay

Week 4: Truth: The truth gives one freedom, untruth keeps one in captivity

Titles, Hard life

Ignorance vs Truth

Other family configurations

Week 5: What your children want you to know

Self care, Quality time, Laughter, Play and Affection

Give acknowledgement and show appreciation

Positive discipline with respect

Natural consequences vs punishment

Children need room to grow and make mistakes

Week 6: Life

Truancy, Anger, Media, Music, Social network

Drugs, Alcohol and Nicotine

Discipline and Parenting

Week 7: Anger management

Life stresses and Self-control

Sources, Levels and Awareness of Anger

Empathy

Week 8: Relationships and Domestic Violence

What makes a good and healthy relationship?

Considerations of Separation or Divorce

Week 9: How to change and improve one's life

Managing life situations

Stress, Depression

Self-talk, Affirmations, Time out, Mind talk

Thoughts, Actions, Consequences