

STRATEGIES FOR SANITY

Insights and Solutions

A Parenting Class Presented with

The Rev. Liz Tomlinson

Conversations based on *Parent Effectiveness Training* by Dr. Thomas Gordon

Sessions begin

THURSDAY FEBRUARY 2, 5:30PM – 6:30PM

There is no cost. Donations welcomed.

Please RSVP so we know how many to expect.

Call Rev. Liz at 703-820-2625 by February 1 or

Email: tomlinson@stpaulsbr.org



St. Paul's Episcopal Church
Downstairs in Fleming Hall
Pizza & Soda for all and Childcare
provided during parent sessions
3439 Payne Street
Falls Church, VA 22041
703-820-2625 • Preschool 703-820-1134



Hang on to your sense of humor!

- Principle #1** – Like everyone else, children have needs and to get those needs met, they act or behave
- Principle #2** – Children don't misbehave; they behave to get their needs met
- Principle #3** – Parents can't be accepting of all their child's behavior
- Principle #4** – Parents don't have to be consistent with children
- Principle #5** – Parents don't have to put up a 'united front'
- Principle #6** – When infants behave unacceptably, there is a good reason, but you have to guess what it is
- Principle #7** – When you can't accept one behavior, substitute one that you can
- Principle #8** – Let kids know how you feel, even if you can't use words
- Principle #9** – It's often more efficient to change the child's environment than to change the child
- Principle #10** – to change unacceptable behavior of your child, talk about yourself, not your child
- Principle #11** – parents who use power inevitably run out of it when kids get older
- Principle #12** – children learn to cope with parental power with undesirable and unhealthy behaviors
- Principle #13** – Discipline may compel or coerce, but it seldom influences
- Principle #14** – If parents are either dictators or doormats, someone is going to lose
- Principle #15** – When conflicts are resolved so that nobody loses relationships deepen

Presented by The Rev. Elizabeth W. Tomlinson, LCSW, mother of three, grandmother of four, former high school teacher, college instructor, psychotherapist, and currently priest at St. Paul's Episcopal Church