

THE SECRET RECIPE FOR PARENTING SUCCESS

The Top 10 Ingredients
for Skillfully Responding
to ANY Parenting Challenge



Co-sponsored by
Parents
Toolshop
Consulting, Ltd.
&
WPAFB Chapel
Family Life
Center

Evening family time is hectic, so I'm offering a **daytime** parenting series during your lunch break — for about the price of a lunch entree! **I discovered a secret recipe for preventing many common parenting challenges and effectively responding to any problems which do arise.** I've cooked up some fun activities to help you learn the formula **only I teach** — that uses all the skills parents need and has been **proven effective** with thousands of parents nationwide for over 10 years — although there are families who have used these skills for generations!

I promise you'll get practical solutions any parent can use every time, every day — with lasting results!

YOUR TEN-COURSE MENU

Tues. 2005 ~ limited to 30 seats/session

- 9/13 BLENDED OR TOSSED? WHICH IS YOUR PARENTING STYLE?** Set Your Parenting Goals ~ See a "Parenting Style Show" ~ Improve Teamwork with Your Parenting Partners
- 9/20 THE "NO-LONGER SECRET" RECIPE FOR PREVENTING AND RESOLVING PROBLEMS.** Ask 3 Questions and take 5 Steps to Plan an Effective Response to ANY parenting problem.
- 9/27 NUTRITIOUS APPETIZERS THAT BOOST SELF-ESTEEM AND AVOID OBESE EGOS.** Give a "D.I.P." to Increase Children's Confidence and Resistance to Peer Pressure — Without Creating "Praise Junkies."
- 10/4 GET COOPERATION WITHOUT SQUEEZING THE JUICE OUT OF KIDS!** Motivate Children Without Bribes ~ Prevent/Diffuse Power Struggles ~ Get Quick Change and Long-term Results
- 10/11 SERVE UP SOME WINGS SO CHILDREN CAN LEAVE THE NEST.** Teach Children Tasks, Skills, Behaviors & Values ~ Foster Independence & Responsibility — So You Can Let Go and Trust.
- 10/18 CHILDREN'S MENU: HOW TO REALLY LISTEN TO YOUR CHILD.** Teach Children How to Responsibly Solve their OWN Problems, Including Peer, Emotional, Sibling and School Issues
- 10/25 TAME THE FIRE OF ANGER & STRESS — BEFORE YOU GET BURNED.** Make Individualized Anger & Stress Management Plans for Parents And Children ~ Slice Sass and Back-Talk.
- 11/1 THE KITCHEN STINKS! CUT OFF "PU" MISBEHAVIOR BEFORE YOU GET "PO'D."** WHY Children Misbehave and How to Respond, Without Escalating the Problem or Giving a Payoff.
- 11/8 TAKE THE BITE OUT OF DISCIPLINE!** Use the "Four R's" of Using Discipline to Teach ~ Know the Four-Star Discipline Tools That Breed Self-Discipline ~ Avoid the Pitfalls of Punishment.
- 11/15 A BRAINSTORMING BUFFET:** A Quick Review of Family Councils ~ Ask Your Burning Questions & Get Ideas From A Nationally-Acclaimed Parenting Expert and Other Parents You Trust.

WHERE: Chapel Family Life Center, Chapel Ln. (Off Spinning Rd.)

WHEN: 10 Tues. from 9/13 to 11/15, 2005 from 12:00 noon to 1:00 p.m. (Child care provided.)

COST: \$10 per session. 50% discount for WPAFB staff, military personnel & their families!!

REGISTER: Call Jody at 937-748-4541 or on-line at: <http://www.parentstoolshop.com/HTML/BYOBBBRegister.htm>

Continuing Education Training hours for foster parents for Child care providers. Must pre-register!

The Featured "Chef": Jody Johnston Pawel, LSW, CFLE, a second-generation parent educator who has trained thousands of parents nationwide the past 25 years in her uniquely entertaining and informative style. She's the author of dozens of articles and publications, including the award-winning book, *The Parents Toolshop*. As an internationally-recognized parenting expert, newspapers, magazines and radio/TV talk shows regularly quote her advice.