



Caring Family Communication Skill Practice Course

Suitable for **graduates** of communication-based parenting courses such as "How to Talk so Kids Will Listen," "P.E.T. Parent Effectiveness Training," "Terrific Toddlers," "Positive Discipline," "Non-Violent Communication," and "Gordon Neufeld Training."

*If you haven't taken the above courses, register anyways and we can catch you up on the basic communication skills.

Developed and presented by Professional Parenting Canada.

"I just wanted to say thank you so much for the class. I will be attending the next one you have. The knowledge you have given me and the extra skills are priceless and I have started implementing them and will continue to use them and grow with them in both my sons life and everyday life." Lynn, 2014 class participant

The following concepts will be covered:

The parenting style axis and the difference between collaborative and authoritative parenting.

3 Kinds of stress

Anger management - 3 simple steps to creating calmness.

Who owns the problem? Determining which skill to use.

Skill practice in Active Listening - When, where and when not to.

Skill practice in I-Messages - When, where and when not to.

Shifting Gears - The art of skillfully disarming an angry person.

Skill practice in Problem-Solving.

Sibling Fighting - When to intervene, how to calm everyone, and how to negotiate sibling and classroom conflicts.

Skill practice with scenarios of problem areas.

The role of consequences and time-outs, temperament and development.

Skill practice in managing value collisions.

Date: See [Professionalparenting.ca](http://www.professionalparenting.ca)

Time: TBA

Cost: TBA per person including all materials.

In-Person Class Location: Banbury Crossroads School 201-2451 Dieppe Ave SW

Webinar Location: Your computer

Register: <http://www.professionalparenting.ca/schedule.html>

for live in-person course or

<http://www.professionalparenting.ca/webinars.html> for live webinar

Instructor: Judy Arnall, BA, CCFE Certified Family Life Educator