

## **How to get the most out of a Parenting Class**

**By Judy Arnall**

1. Commit to it – You’ve paid and blocked the time out of your calendar. Now, make the most of it. Try to attend every class and do the readings and homework exercises. Arrive on time and don’t leave early. You will benefit most by committing to the class, other participants and material.
2. Make it a date – If you can attend with your partner, you both will benefit from hearing the same information. Try and get a babysitter.
3. Open Up – Be willing to share your thoughts, doubts, opinions, beliefs and feelings. Discussion leads to greater understanding of ideas and opinions. Try to set aside closely held values and beliefs and be willing to try on new ones for size, for a period of time.
4. Do your background checks – What is the course philosophy and does it fit with your parenting style? Your partners? Is the instructor credible and experienced? Is the course material evidence-based and by which governing body?
5. Keep material handy – You may need to review it in a month or year after the course has ended for a quick refresher on the ideas and skills.

**Judy Arnall** is a professional international award-winning *Parenting Speaker*, and Trainer, Mom of five children, and author of the best-selling, “***Discipline Without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery***” She specializes in “**Parenting the Digital Generation**” [www.professionalparenting.ca](http://www.professionalparenting.ca) (403) 714-6766 [jarnall@shaw.ca](mailto:jarnall@shaw.ca)

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