

---

## Positive Parenting Workshop – Introduction level

### Who Can We Help?

Parents who would like to improve their parenting skills. This workshop will introduce:

- + The foundations of successful parenting
- + Communication and problem solving skills
- + Solutions to common behavior problems

### How We Help?

The workshop will consist of 8 meetings, 1.5 hours long. In each meeting a topic will be presented, parents will apply it by practicing it in the group, and a plan for applying it at home will be developed. The following meetings will start with trouble shooting of home practice, and presenting a new topic.

The topics:

- + **How to play and talk with children**
- + **Positive reinforcements**
- + **Limit setting**
- + **Consequences**
- + **Putting it all together – ABC model**
- + **Teaching to problem solve**

In addition, each meeting will address a common behavior parents often struggle with. Among others:

- + **Not following directions**
- + **Temper tantrums**
- + **Difficulties with routines**
- + **power struggle with siblings**

### Who We Are?

The Pediatric Consultation Center provides comprehensive neuropsychological evaluations, short term consultations and treatment for children and adolescents for a range of learning, attention, and psychological concerns. Our offices are located in Glenview and Vernon Hills. We work closely with families to offer practical, problem-focused recommendations.

Miri Arie Ph.D. is a specialist in child clinical psychology, and is experienced in working with intervention methods such as Applied-Behavioral-Analysis, Cognitive-Behavioral Therapy, Parent Management Training, Play-Therapy, and Social-Skills interventions.

### Program cost:

The workshop cost \$100\* per session for a family (both parents are encouraged to participate), and it includes: an extended session (1.5 hours), handouts, and light refreshments.

\* The Pediatric Consultation Center is a network provider for Blue Cross Blue Shield, PPO or HMO, and sessions may be covered through insurance.

### Dates and Time:

Sessions begin Thursday, March 5, 2010 7:00-8:30 pm, at the Vernon-Hills office.

Groups run every 8 weeks.