



Fall EPIC Parenting Education and Support Virtual Groups: 10/11-12/27/23 at 12:15 p.m. or 7:15 p.m.

Session #1: "Characteristics of an Effective, Loving Parent": Parents discuss the many responsibilities of parenthood; begin to build confidence in what they are doing well; and identify areas in which they hope to improve.

Session #2: "Building a Healthy Self-Esteem in Our Children and Ourselves": Group becomes familiar with the self-esteem concept of "IALAC", "I am lovable and capable". Parents learn which of their actions and statements build children up and which of their actions and statements damage their child's self-image. Parents also set goals for improving their own self-esteem.

Session #3: "Structure, Limits, and Boundaries: How to Make a Rule That Works": Participants begin to understand that a workable rule must be reasonable, enforceable, clearly communicated, and consistent. Parents role-play discussing the implementation of a new rule with their child.

Session #4: "How to Discipline in a Loving Way": Parents discuss behaviors that might cause one to over-react, review highlights of normal child development, and learn that many disagreeable behaviors are age-appropriate. Positive parental responses to negative behaviors are reviewed and explored.

Session #5: "Listening and Responding to Children": Communication skills are practiced and better understood, including the effects of body language and tone of voice. Parents learn the listening skills of mirroring, validating, and empathizing.

Session #6: "Knowing Ourselves as Parents: Where We've Been and Where We're Going": Group members reflect on their special gifts before sharing their personal histories and particular reasons for attending the group. Goals for the future are then set by each group member.

Session #7: "Sexuality Education Begins at Home": Parents begin to understand that children begin to learn about caring, relationships, and their own bodies from the day they are born. Parents see that they can acquire all the knowledge they need in their role as primary sex educator.

Session #8: Substance Abuse Prevention: Parents discuss their own experiences with drugs and alcohol; learn how to guide their children toward healthy choices; how to identify signs and symptoms of substance abuse, and how to talk to their children about alcohol and other drugs.

Session #9: "Promoting a Peaceful Environment at Home": Verbal abuse is explored. Through the use of "I messages" and role-play, parents learn how to communicate their feelings and deliver a formal reprimand to a child in a caring way.

Session #10: "Coping with Daily Problems: Stress Management": Parents identify stress triggers and where they experience that stress in their bodies. Effective coping, as opposed to becoming a victim of stress is examined. Several stress reduction techniques are practiced.

Session #11: "Helping Children to Resolve Their Conflicts": Parents learn how and when to intervene in children's squabbles. They learn a "Peace Process"; how to coach children through it; how to use it themselves; and that conflict, when resolved respectfully, is a vehicle for growth.

Session #12: "Building Bridges Between Parent and Child and to the Future": Participants discuss their present confidence as parents and identify any need for continued help and support. They establish on-going plans for keeping a loving connection with their children.

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