

## December 2019 Parenting Class Schedule

\*KDHE Approved Classes for Day Care Providers and Foster Care licensing

@ Connections Transportation offered (ask when registering)

% babysitting is available (ask when registering)

**@% Incredible Years (IY) Toddlers Ages 1-3** (13 sessions) continued from November

Dec 5, 12, 19, **Independence** FCMHC—North, 1101 Donald Ave., 9 – 11 AM

**1-2-3 Magic Managing difficult behavior in kids 2-12 years**

Dec 12 **Independence** FCMHC—North, 1101 Donald Ave., 2-4 PM

**Active Parenting of Teens** (6 sessions) Continued from November

Dec 2 Drugs, Sexuality, and Violence- Reducing the risk part 1

10 Drugs, Sexuality, and Violence- Reducing the risk part 2

**Independence** FCMHC—North, 1101 Donald Ave., 2-4 PM

**Activities for preschoolers: approaches to play and learning**

Dec 16 **Independence** FCMHC—North, 1101 Donald Ave., 2-4 PM

**Child Abuse: How to spot it- How to stop it**

Dec 12 **Coffeyville** FCMHC 1601 West 4th Street 10AM-12 PM

**Discipline without hostility**

Dec 11 **Fredonia** FCMHC- 437 North 6th Street.1-3 PM

**Disciplining Kids without screaming or scolding**

Dec 17 **Coffeyville** FCMHC 1601 West 4th Street 10 AM-12 PM

**Eat Right; grow strong, nutrition for young kids**

Dec 19 **Cowley** FCMHC 22214 D Street Strother Field 10 AM-12 PM

**Early Childhood Parenting Made Fun**

Dec 2- Handling misbehavior without breaking a sweat

9- Teaching kids to listen.... The first time

16- Avoid Power Struggles

30- Limits create happier parents, happier kids, and happier families

31- What to do when your kids leave you speechless

**Coffeyville** FCMHC 1601 West 4<sup>th</sup> Street 10 AM-12 AM

**Helping parents raise resilient teens**

Dec 17 **Independence** FCMHC—North, 1101 Donald Ave., 2-3 PM

**Love and Logic- How to discipline kids without losing their respect**

Dec 3 **Coffeyville** FCMHC 1601 West 4th Street 10 AM-12 AM

**Infants, and the development of trust and security**

Dec 5 **Independence** FCMHC—North, 1101 Donald Ave., 2-4 PM

**Managing Emotional Mayhem (5 sessions) Continued from November**

Dec 3 Awareness: Our relationship with our emotions and how it affects the kids in our lives

9 feeling messages: Following our Emotional Guidance System

12 the adult Journey: Five Steps for Self-regulation

16 the child's journey: Five Steps for Self regulation

**Independence** FCMHC—North, 1101 Donald Ave., 10-11 AM

**Painless Parenting for the Preschool years**

Dec. 5 **Coffeyville** FCMHC 1601 West 4th Street 10 AM-12 AM

**(%) @ Parent Education Support Group**

Dec 30 **Independence** FCMHC—North, 1101 Donald Ave., 9-10 AM

**Parenting the love and logic Way (Continued into January)**

Dec 4 Putting an end to arguing- **Neodesha** FCMHC- 101 South 8th Street 10-11 AM

Dec 11 Teaching responsibility- **Fredonia** FCMHC- 437 North 6th Street. 10-11 AM

**Parenting with Loving discipline**

Dec 9 **Independence** FCMHC—North, 1101 Donald Ave., **2-3 PM**

**Secrets to successfully parenting your teen**

Dec 31 **Independence** FCMHC-North, 1101 Donald Ave 10 AM-12 PM

**Sitting still like a frog: mindfulness for kids and adults**

Dec 4 **Neodesha** FCMHC-101 South 8th Street 2-3 PM

**Social Emotional Learning in the Home**

Dec 2, **Independence** FCMHC-North, 1101 Donald Ave. 10 AM-12 PM

**Simple Parenting Solutions for Raising great kids in complicated times (Love and Logic)**

Dec 19 **Coffeyville** FCMHC 1601 West 4<sup>th</sup> Street 10 AM-12 PM

**The Happiest Toddler on the Block**

Dec 10 **Coffeyville** FCMHC 1601 West 4th Street 2-4 PM

**The Seven Principles of discipline**

Dec 17 **Independence** FCMHC- North 1101 Donald Ave 10-11 AM

**Toddlers and the development of self**

Dec 31 **Independence** FCMHC- North 1101 Donald Ave 2-3 PM