



By Michael H. Popkin, Ph.D., Melody F. Popkin, and Sue Allen, M.A.

For Christian families with children ages 5 to 15

SESSION I - The Active Parent

Wednesday, September 26, 2018

- Styles of parenting
- Brain development in children
- The method of choice

SESSION II - Cooperation & Communication

Wednesday, October 24, 2018

- Who owns the problem?
- Active communication
- Feelings, empathy & problem-solving
- Introducing Bible reading to your kids

SESSION III - Responsibility & Discipline – part 1

Wednesday, November 28, 2018

- Effective, non-violent discipline guided by God's love
- "I" messages

SESSION IV - Responsibility & Discipline – part 2

Wednesday, January 23, 2019

- Logical consequences
- **Time: 4:15 to 5:45 or 6:00 to 7:30 p.m.**
- **Fee: First Session Free then \$5.00 per session, waived if needed.**
- **Books available at St. Mary's Parish Office and Religious Education Center.**

SESSION V - Building Courage & Self-Esteem

New Date: Wednesday, March 13, 2019

- The Think-Feel-Do Cycle
- The power of encouragement
- Courage and self-esteem
- The Biblical tradition of encouragement

SESSION VI - Understanding and Redirecting Misbehavior

New Date: Wednesday, March 20, 2019

- Why children misbehave
- Eliminating power struggles
- Overcoming anger through the word of God
- Problem-solving with FLAC

SESSION VII - Active Parenting for Unity and School Success

April 24, 2019

- 7 Smart Things for School Success
- Structuring homework time
- Christian influences in your child's life
- Tobacco, alcohol, and other drugs
- Family talks
- **No Program in December.**
- **Option to attend as many sessions as you wish.**
- **Facilitator: Catherine Cwiakala**