

THE NURTURING PROGRAM

"Because kids don't come with instruction manuals..."



**To Register Call:
YOUNG HOUSE
FAMILY SERVICES
(319) 752-4000, ext. 101**

- Who:** FOR PARENTS AND CHILDREN AGE 4 - 11
- What:** **Parent group:** Discussions and activities to teach positive parenting skills
Children's group: Discussions with fun activities
- When:** **SEPTEMBER 20 THRU NOVEMBER 22, 2010**
Monday evenings, 6:00 – 8:00 P.M.
- Where:** First Presbyterian Church
321 North 5th Street - Burlington
- Cost:** **FREE** (Babysitting provided for children age 0 - 3)



YOUNG HOUSE
FAMILY SERVICES
724 North 3rd Street
Burlington, IA 52601
(319) 752-4000

Lesson 1	<i>The "Ingredients" of a Healthy Family</i>
Lesson 2	<i>Family Morals & Values / Establishing Family Rules</i>
Lesson 3	<i>Power of Praise</i>
Lesson 4	<i>Discipline, Rewards & Punishment</i>
Lesson 5	<i>Personal Power / 1, 2, 3 Magic (stop behaviors)</i>
Lesson 6	<i>Red, White & Bruises / Anger Management</i>
Lesson 7	<i>Choice & Consequences / Charts (start behaviors)</i>
Lesson 8	<i>Effective Communication / Stress Management</i>
Lesson 9	<i>Ignoring / Ages & Stages / Decision Making</i>
Lesson 10	<i>Review / Pot Luck Supper / Graduation</i>

This program is sponsored by Young House Family Services
and Des Moines County C.A.R.E.S. About Children



Love is . . . learning new parenting skills to be the best parent you can be.