

Directory of   **Workshops**
Healthy Parenting Training Program

General Parenting Topics	
Workshop Name	Workshop Description
Parenting in the 21st Century...	Parenting today is a dynamic enterprise, impacted daily by new, uncharted influences. Learn the latest skills and resources recommended to address these influences, especially those antisocial behaviors exhibited by youth today, from rebellion to bullying.
Ages & Stages	Learn the stages of human development, so they are better able to distinguish those behaviors that are part of the growth process from those that are truly deviations from the norm, and to effectively manage them, thus fostering their children's optimal development because they now have the appropriate expectations for their children.
I'm exhausted!...but the kid's not.	Participants will have learned about their child(ren)'s (attention) needs along the stages of development timeline, and how to supply these needs (and be engaged), even when their energy is at its lowest.
(Truth &) Consequences	Learn about parental influence and authority, and how to utilize the concepts of encouragement, consequences, limits, and routines, and structure in disciplining the behavior of their children, and themselves.
What are you Nurturing?	Learn behavior management techniques, understanding why nurturing produces more desirable behavioral outcomes than fear or guilt; and how to apply nurturing appropriately.
Communication that Works	Learn the communication skills that minimize misunderstandings and help strengthen the parent-child relationship.

General Parenting Topics

Workshop Name	Workshop Description
To Punish or Correct?	Parents have the responsibility of teaching their children social and life skills so they'll be able to survive and achieve goals. Learn how punishment – e.g., hitting, shaking, yelling, name calling, etc. – is counterproductive to this responsibility; and how to provide appropriate monitoring, guidance, supervision, and reinforcements (i.e., correction) based on each child's developmental stage and needs.
Raising Responsible Children	You can't make a child be responsible, but you can provide plenty of opportunities for the child to learn how to be responsible. Discover new ways to encourage responsible behavior in your children, and to lay the groundwork for successful adulthood.
End Sibling Rivalry	Sibling fighting, teasing and bickering can be very challenging for parents. Learn why children fight, when and how to intervene, and what you can do to help your children develop better relationships and to fight less often.
Raising "I Can" Kids	A child's "I Can Quotient" is a more important indicator of being able to thrive in life than the traditional IQ. Learn strategies to increase your child's sense of feeling connected, capable, competent and courageous.
Helping Kids Take Responsibility for Their Stuff	Are you frustrated by your school-aged child's lack of personal organization? Are uniforms going to school but never coming home? Are assignments going home, but never making it back to school? Learn how to teach youngsters to be motivated to plan ahead and to take responsibility for their belongings.
Child Health and Safety	Learn how to foster a safe and healthy environment for your children. Prevent and manage those behaviors, attitudes and tendencies that lead to low academic performance, school dropout, teen pregnancy, sexually transmitted diseases, obesity, substance abuse, juvenile crimes, disregard for rules, disrespect, and irresponsibility.



General Parenting Topics	
Workshop Name	Workshop Description
Avoid Child Abuse Claims with Age-Appropriate Discipline	When children misbehave, parents often resort to punishment or rewards to motivate better behavior. Learn how to use natural and logical consequences to foster learning and more cooperative behavior.
Sex Education for Parents	Many parents are intimidated by talking with children about their sexuality. Yet, such conversations have the potential to prevent many of the social issues children are experiencing today due to their lack of knowledge. Gain the knowledge and confidence needed to speak on this subject with your children and to guide them to a realistic understanding of sex and their sexuality. Also get answers to questions like when to start talking about sex and what to say.
Life Skills for Healthy Families	
Healthy Relationships. Success in Life.®	Learn the skills for building and sustaining healthy relationships that empower you to achieve your goals in any type of relationship, in a mutually beneficial way: <ul style="list-style-type: none"> • Know the difference between successful vs. destructive relationships • Develop healthy habits that stabilize relationships • Choose partners wisely, and learn how to leave safely
Power Tools for Power Struggles	Frequent power struggles, whether between adults or between parents and children, ruin relationships. Learn what happens when a conflict develops and how to redirect that energy into positive solutions that bring people closer together.
Who's Responsible?	Learn how to structure their relationships and environment to promote the responsibility, cooperation, and service within their families needed to create desired outcomes in their lives.
Turn down your 'tude, dude!	Learn the impact emotions have on their successes and failures, and how to avoid making decisions, or responding, while emotional.



Life Skills for Healthy Families

Workshop Name	Workshop Description
Getting a Grip on Anger	What are the underlying causes of anger? What does anger accomplish? When tempers flare, here are some constructive and cooling options which can actually build warmer, more loving relationships.
You Hear Me?	Learn the communication skills (e.g., verbal, nonverbal, listening, etc.) appropriate and effective for addressing concerns, criticizing constructively, etc.
Communicating Without Strife	Discover ways to communicate without becoming defensive, especially when emotions are running high and conflict is imminent. Learn how to communicate, stay calm, and focused when others become defensive.
Managing Your Stress	Parenting and life circumstances can be stressful and disrupt family nurturing and harmony. Learn to identify your own stress triggers and what strategies and stress management tools are available to manage/reduce them, as well as ways to change unhelpful thinking to more positive, supportive thinking.
You're Stressing Me OUT!	Learn about resiliency, and acquire some coping strategies to revive and re-energize, and to squeeze in me-time, as needed.
You're Blocking Me!	Learn to see life's barriers as tools, and how to determine and to address the variety of barriers that exist internally, externally, and systemically.
What's YOUR Problem?	Learn problem-solving techniques (including conflict management), and how to identify possible alternative approaches to solutions.
Decisions, Decisions...	Learn the role decision-making skills play in living a successful life and creating family wellbeing.
Focus! Focus! Focus!	Learn the ways to deflect life's distractions so you may stay focused on self-efficacy, responsible parenting, and family engagement.
Get Motivated!	Learn the techniques for effectively managing the ambivalence and dissatisfaction that can occur during life's transitions (e.g., self-motivation/encouragement, creating/building a community supports network, etc.).



Life Skills for Healthy Families

Workshop Name	Workshop Description
What are you plotting?	Learn why planning is a useful exercise, and a great guide that keeps you on-track; as well as how to create plans based on SMART (specific, measurable, achievable, realistic, timely) goals.
Calendar it!	Learn and practice incorporating time management, especially for family time and me time.
I Support You...	Learn about the importance of supports to life success, and how to create contingency plans, in case of emergency.
My Community Needs Me!	Learn how Community Service benefits you and your family (and why community is so important), and what it, and your role in it, looks like (includes volunteering and service learning).
The Real Me...	An opportunity to complete both a self-evaluation (your emotional assessment of your own worth) and a personality test that will help you understand the concept of self-identity. In addition, you will learn about self-confidence (the feeling of personal capacity) and self-respect (the feeling of personal worth), and how these influence life's successes and failures.
The REAL Rules of the Game	Learn the societal norms essential for success today.
Career Readiness	Learn the workplace skills that employers rate as the top 10 essential skills for all prospective employees and for job retention, while learning how to get and keep the job.
Resume Writing and Preparing for Job Interviews	Learn strategies for marketing yourself successfully to potential employers, increasing the likelihood of obtaining your dream job.
Making the Most of the Money You Earn	Learn how to make your money work for you. Includes learning how to coupon and to create and successfully implement a family budget.
Understanding and Repairing Your Credit	Learn how to use your credit effectively and how to repair damaged credit.
How to Get Out of Debt and Stay Out of Debt	Learn ways to decrease your debt and avoid the pitfalls of acquiring debt.



Life Skills for Healthy Families

Workshop Name	Workshop Description
Household Management	Learn about home organization, housecleaning, laundry, grocery shopping, money management, nutrition, meal preparation and keeping the home sanitary. The whole family should be involved in this process, and these skills should be passed on to the children. This course demonstrates how to turn these skills into habits and routines for both adults and children.
Healthy Living	Learn about the tools available to keep you and your family healthy. Topics covered include: home environment, foods/cooking (includes couponing and creating a shopping budget), supplements, exercise, stress management, and prevention – i.e., what is good for your family, and what is not.
When parenting 0-5 year olds...	
Mind in the Making: Conscious Discipline	Learn strategies to assist your child in developing positive behaviors and reinforcing them through the use of praise.
Intellectual Development: What You Can do to Help	Learn strategies to help your infant or toddler develop their intellectual skills.
Social and Emotional Development: Building a Child's Foundation	Learn strategies to help your infant or toddler develop socially and emotionally, appropriately, and to be prepared to enter school.
Crossing the Line	Learn to recognize the warning signs of child neglect and abuse and to prevent it.
Setting Limits	Setting limits helps young children learn to go to bed on time, pick up after themselves, and get along with others. Limits also provide security, order, and an understanding of the world. Learn techniques to set and uphold limits in a firm yet friendly way.
Families Building Better Readers	Learn how to create a home environment that is conducive to learning and prepares your child for school.
Parenting a Child With Special Needs	Learn strategies to cope with the stresses of parenting a child with special needs.



When parenting 6-12 year olds...

Workshop Name	Workshop Description
ABC's of Parenting	Learn how to build better relationships with your children and manage their behavior in a positive way. Topics covered include: <ul style="list-style-type: none"> • Encouraging good behavior • Controlling obnoxious behavior • Strategies for building self-esteem • Testing and manipulative behaviors, and real world application • Frequently asked questions
Building Character, Courage, and Self-Esteem	Learn how to impart essential values and encouragement, while building on your child's strengths.
End Power Struggles	Identify what a child really wants when he rebels (misbehaves), and learn how to diffuse this power struggle.
Teach Your Child Positive Behavior Skills	Learn strategies for reinforcing your child's positive behavior.
Teach Your Child to be SMART	Turn your child into a Wiz-Kid. Learn strategies to stimulate your child's interest and intellect.
Effective Discipline	Learn proven, non-violent, age-appropriate discipline techniques that strengthen accountability and responsibility.
Limit Setting And Making Friends With "No"	<u>Tweens and teens</u> are experiencing many changes that make limit-setting a challenge for parents. Learn how to identify these changes and to develop your "kNOw-how" for setting wise and carefully chosen limits that provide safety, order and understanding.
"Don't Talk To Me Like That!"	Many <u>tweens and teens</u> today have little problem talking back to their parents or disregarding given directives. For parents tired and frustrated with the challenges of parenting these uncooperative tweens and teens, this workshop will help you take back control and keep it.

When parenting 13-18 year olds...

Parenting Teens	Learn the skills to build loving and respectful relationships with your teen. Develop an understanding of how teens think and communicate. Making these adjustments in your parenting will result in a more understanding and confident adolescent who is more likely to think through situations rather than react to them.
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When parenting 13-18 year olds...

Workshop Name	Workshop Description
The Challenges of Adolescence	Puberty! That scary age when your sweet child turns into a stranger. Puberty not only rocks your world, but that of your child as well. Help you and your child survive the move from dependence to autonomy without getting on each other's nerves, too much, as you gain an understanding of this stage of your child's development: a) autonomy and independence, b) the development of abstract thinking, and c) identity formation – social and spiritual.
Your Parenting Style and Your Teen	Learn about the different parenting styles and explore the pros and cons of each with your teen.
Effective Discipline for Teens	Learn about proven and age-appropriate discipline techniques for teens, and how to express your wishes using non-confrontational messages.
End Power Struggles with Your Teen	Explore the 5 subconscious goals of teen behavior, power struggles, and how to conduct problem-prevention/problem-solving talks with your teen.
Your Teen's Success Cycle	Learn about the "think-feel-do" cycle, and how it affects your teen's decision-making process.

Issue-Specific Topics

Successful Co-Parenting for Dads	Dads learn to understand and respond to the needs of their children after a separation. Ways of addressing these issues and handling them constructively, even when there may be ongoing conflict or difficulty with the ex-partner, are discussed. Topics include: <ul style="list-style-type: none"> • The transition from one home to two • What children experience in separation, and what they need from their parents • The impact of parental conflict on children • Managing parental conflict constructively • Parenting apart and making it work for the children
Step-Parenting	Learn the stages of becoming a stepfamily, and its anticipated difficulties. This workshop assists in normalizing the process and helping move it forward, as well as giving participants a chance to share their experiences.
Second Time Around (for Grandparents and Foster Parents)	Learn how to parent the second time around and about available resources to care for your grandchild/foster child.



Issue-Specific Topics

Workshop Name	Workshop Description
Successful Co-Parenting for Moms	Moms learn to understand and respond to the needs of their children after a separation. Ways of addressing these issues and handling them constructively, even when there may be ongoing conflict or difficulty with the ex-partner, are discussed. Topics include: <ul style="list-style-type: none"> • Children's reactions to separation • Helping children cope with change • Ways to be supportive over time • Being parents when you are no longer partners
Parenting through Transition	Through crisis management, parents learn how not to have those unexpected life hiccups adversely disrupt family well-being.
Coping with Removal of Children from the Home	Get help with the grief and loss experienced when you lose your child. Healthy and positive strategies to cope with the circumstances are discussed and explored.
Preventing Child Abuse	Learn strategies for coping and managing your stress to avoid crisis situations.
Helping Children through Disappointment	Parents often feel powerless to help when their children face hard and painful experiences like loss, injustice, or betrayal. When you can't "make it better", what can you do? Topics include: <ul style="list-style-type: none"> • Understanding grief and anger • What children need, and what is 'normal' • Providing safety and acceptance • Encouraging expression of feelings • Listening and "being with" a child • Managing one's own distress • Resources, and when to seek outside help
How Safe is Your Child	Learn about child predators and how to keep your child safe.
Understanding Bullying	Bullying is an intimidation game. You will understand the game, what motivates bullying behavior, and learn how to support your child and pass on new ideas and skills.
Violence-Free Living for Teens (aka, Bullying Prevention)	Learn strategies to help your teen improve anger management skills, conflict resolution, and communication.
Parenting for Violence Prevention	Learn ways to help your child deal with potentially violent situations.



Issue-Specific Topics

Workshop Name	Workshop Description
Drug-Free Living for Teens	Learn strategies to empower your teenager to live a drug-free life.
Parenting for Drug Prevention	Learn ways to recognize the warning signs of drug abuse, and strategies to help your child resist drug and alcohol use.
Parenting through Recovery	Effectively managing the stresses of parenting to avoid relapses in recovery.
Parenting for Nutrition and Fitness	Learn about eating disorders, their causes, and ways to help your child develop healthy habits.
ABC's of Making and Managing Money for Teens	Learn ways to teach your teen how to make and manage money.
Teen Parents	Teen parents are provided the skills needed to become good role models and providers for their children. They are taught how to develop the parent-child relationship, with guidance in parenting, child development, family budgeting, and proper health and nutrition. They are taught how to find time for themselves and how to avoid repeat pregnancies. They are taught how to prepare their children and themselves for a healthy, happy, and successful future. Separate courses for fathers and mothers are available.
Focus on Fathering	Fathers, learn to build open, positive relationships and parenting skills with your children. You will better understand the behavior and emotional needs of children, as well as gain more insight and understanding of the influences and beliefs that contribute to the father you are today.
Understanding Diversity	Diversity presents in a variety of forms. Learn to appreciate differences, yours and others, while learning how to communicate and interact with those who don't see the world as you do, taking a look at cultural differences, beliefs, values, and sensitivity.
Internet Safety for Families	Learn how to communicate openly with your children and understand the internet's dangers.
Internet Safety for Teens	Learn strategies for avoiding online scams, defeating cyber-bullying, and keeping away from online predators.
Sexting: Safeguarding Children from Misuse of Technology	Learn about ways children use technology to send inappropriate pictures, and the consequences they face for this action, and how to counteract/ prevent this behavior.



Parent Academic Engagement

Geared specifically around getting parents in school and keeping kids in school, these ParentChats® cover the following topics:

- Effective Parent-School Dialogue
- Bullying & Truancy Prevention
- Tools for Student Success
- The Successful Parent-Teacher Conference
- Raising a Future Leader
- Getting your Kid interested in School
- Surviving Summer Break
- Budgeting-Coupons for the Holidays
- Ways to Reduce Parenting Stress
- Discipline that Works
- End Back Talk (& other temper tantrums)
- Preparing for Summer...
- Bridging the Gap Between Students & Parents

It's a Family Affair

Workshop Name	Workshop Description
Building a Nurturing Family	<p>Building and nurturing families can seem a daunting task, but it's not mission impossible. A workshop for the whole family, parents and their children will learn about cooperation, relating respectfully, and solving problems. Topics include:</p> <ul style="list-style-type: none"> speaking, listening and cooperating; six steps to resolving conflict; six steps to solving problems; three patterns that healthy families use; three ways to encourage one another; how to build on your family's strengths; six rules for successful family meetings; and society's rules, norms, and expectations (especially on abuse and neglect).

ParentChat® topics can be customized. Contact IPI at (219) 886-1111 for further information.

Experts in the Field

Indiana Parenting Institute incorporates in its parenting programs experts in the fields of law, nutrition, financial management, education, job search, career development, customer service, etc. to help parents maximize their personal and professional growth and reduce barriers to self-sufficiency.

