



boystown.org/north-florida

ABOUT BOYS TOWN NORTH FLORIDA

The first of Boys Town's national sites, Boys Town North Florida has been serving children and families since 1983.

We partner with area agencies and businesses to constantly enhance the quality and variety of care we provide in the community. Every year, our services touch the lives of more than 6,000 people in North Florida.

For more information about Boys Town North Florida services, please visit boystown.org/north-florida.

ABOUT BOYS TOWN

Boys Town has been a national leader in the care and treatment of children and families since its founding more than 100 years ago by Father Edward Flanagan.

As one of the largest child and family service organizations in the United States, Boys Town offers a broad spectrum of life-changing services.

Boys Town youth, family, community and health care programs touch the lives of more than 2 million people across the country every year.

For more information about how Common Sense Parenting® can help you build and reinforce healthy family relationships, contact Boys Town North Florida at **850-575-6422**.

Common Sense Parenting®

Boys Town North Florida is pleased to announce we are now offering formal parenting classes in Leon, Gadsden and Wakulla counties.

Common Sense Parenting® (CSP) for Toddlers, Preschoolers, and School-Aged Children is a practical, skill-based program that provides easy-to-learn techniques to help you with today's parenting challenges.

Common Sense Parenting offers training for parents who want to build on their existing skills or learn new ways of dealing with their children's behaviors. Professional parent trainers teach the course..

CSP classes can help you:

- » Build strong, healthy relationships with your children
- » Correct and change a child's problem behavior
- » Minimize problems that disrupt family life
- » Raise responsible, caring children

You'll learn valuable skills, including how to:

- » Communicate effectively
- » Avoid power struggles
- » Give positive attention
- » Control your emotions
- » Balance discipline with affection
- » Praise your child's good behavior

CSP for Toddlers and Preschoolers is being offered to parents/caregivers with at least one child aged 0 to 5, and CSP for School-Aged Children is being offered to parents/caregivers with at least one child aged 6 to 18. CSP classes are offered as 2 hour sessions once a week for 7 weeks for Toddlers and Preschoolers, and once a week for 6 weeks for School-Aged Children.

Classes are offered at **NO COST** to participants.

For more information about Boys Town North Florida's Common Sense Parenting for Toddlers and Preschoolers, call 850-575-6422 and ask to speak with our CSP Parent Trainer.

Saving Children, Healing Families®

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Common Sense Parenting® classes

PARENTS OF CHILDREN 5 AND YOUNGER

SEVEN-WEEK CLASS

Sessions include...

- » **How I Grow and Learn** helps you understand child development, set expectations based on your child's development and find different ways to nurture your child.
- » **My First Teachers** helps you teach young children right from wrong, using clear communication and reasonable positive and negative consequences.
- » **Catch Me Being Good** helps you observe and create more opportunities to encourage your children's good behavior through praise, attention and affection.
- » **Teach Me What To Do** helps you learn effective ways to teach young children better habits through practice.
- » **Help Me Do What's Right** shows you how to correct problem behavior without the power struggle.
- » **Help Me Calm Down** teaches you how to correct problem behavior and give children the time and skills needed to calm down.
- » **Putting It All Together** helps you develop a parenting style based on the information you learned in class, including combining the new skills with the positive skills you already had, to improve relationships with your children.

PARENTS OF CHILDREN 6 AND OLDER

SIX-WEEK CLASS

Sessions include...

- » **Parents are Teachers** shows you how to teach children self-discipline.
- » **Encouraging Good Behavior** helps you encourage the positive behavior your children do and teaches you how to respond enthusiastically and sincerely.
- » **Preventing Problems** enables you to teach your children what they'll need to know in a future situation and practice using the skill in advance.
- » **Correcting Problem Behavior** responds to children's problem behavior with teaching and practicing acceptable alternatives. You will make a staying calm plan for when you get upset with your children.
- » **Teaching Self-Control** is a skill you use to allow children time to calm down and remain calm in future situations.
- » **Putting It All Together** helps you develop a parenting style based on the information you learned in class, including combining the new skills with the positive skills you already had, to improve relationships with your children.



Call today for more information or to register for a class!

850-575-6422