

### **FLIP IT !**

FLIP IT© Teaches four, easy to remember steps to help children identify their feelings, learn healthy self-control and reduce challenging behaviors. FLIP IT© is for anyone... parents, grandparents, teachers, childcare providers. While the best results happen for those who engage in a 5-week series, the program can be tailored to fit the audience. Other options include: 3-hour overview to full-day or two-day sessions. Facilitators are certified by Devereux Center for Resilient Children.

### **Dads Matter!**

Developed by fathering and parenting experts, 24/7 Dad™ focuses on the characteristics that men need to be involved fathers 24 hours a day, 7 days a week. This community-based program helps men develop the attitudes, knowledge, and skills they need to get — and stay — involved with their children. 24/7 Dad™ focuses on key fathering characteristics — like masculinity, discipline, and work/family balance — and helps men evaluate their own parenting skills, as well as their fathering role models.

### **Brunch with Baby**

This is an opportunity to learn more about being a first time mom and dad. We welcome pre-natal parents and those with babies up to 12 months. Babies are welcome!! The NYSPEP New Parent Tool Kit will be given to everyone who attends, which is full of resources and information Not only are these workshops lively and interactive, they offer food, fun and connection! Facilitators are credentialed by the NYS Parenting Education Partnership and/or certified Training for Excellence in Parenting Education

### **Parenthood 101**

These classes are one time offerings. Topics will be identified by instructor as issues that are trending. The format will be a roundtable discussion with research based information being shared.

For more information contact:

**Parent Education Coordinator: Karen Sweeney**  
**607-426-4879 or email your request to:**  
**markarensweeney@gmail.com**



**@GREATPARENTSMADHERE**

### **Parenting with Heart**

Is far and away the most popular parenting series. In this 10-week series parents choose what they want to or need to learn from a number of topics that include such things as discipline, child safety, communication, child development, and the importance of self-care and the effects of substance abuse on the family. Participants also learn about how their own upbringing influences the way they are raising their children. Parenting with Heart sessions are facilitator led, round-table discussions and take place in relaxed setting. Facilitators are credentialed by the NYS Parenting Education Partnerships

### **Grand Parenting Support Group**

There are 4.9 million grandparents raising their grandchildren! Many others are stepping up and supporting their adult children in the raising of their children. This support group will explore the changes in our society that have occurred since the rearing of their children and much more.

### **Nurturing Parenting**

Evidenced- based program created by Stephen J. Bavolek Ph.D. This program addresses a broad range of topics such as: ages and stages of development, communication, managing feelings, managing anger and stress, discipline, alternatives to spanking, creating parenting routines and much, much more.

### **Nurturing Parenting for Teen Parents**

Evidenced – based program created by Stephen J. Bavolek Ph.D. Parenting is hard at any age, but especially for teen and very young parents. Sample topics covered: Become a more nurturing parent to your child, help your child to grow up with positive self-worth, use discipline and rewards that promote positive self-regard, ages and stages of development, how to have fun with your child, how to grow as a family, and so much more!

### **Easy to Love, difficult to Discipline; the 7 Basic Skills for Turning Conflict into Cooperation- Book Study**

We'll explore and learn from each other through this study-- Dr. Becky Bailey's Seven Powers of Self-Control; Seven Basic Discipline Skills; Seven Values for Living, Such as Integrity, Respect, Compassion, Responsibility and More. Can be held weekly or monthly.

If you would like to receive only this calendar you can go online to [www.becomeagreatparent.com](http://www.becomeagreatparent.com) on the events page to see all the offerings **and** contact Linda George @ [georgel@proactioninc.org](mailto:georgel@proactioninc.org) to request to be added or removed from the monthly email. Thank you