

## Pro Action's Parent Education Offerings

### **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. All Facilitators are certified by Devereux Center for Resilient Children.

### **Parenting with Heart**

Our most popular parenting series, this 10-week series allows parents to choose what they want to or need to learn from many topics that include: discipline, child safety, communication, child development, 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. Facilitators are credentialed by the Training for Excellence in Parenting Education. (T.E.P.E.).

### **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 such as masculinity, discipline, and work/family balance. This group also helps men evaluate their own parenting skills, as well as their fathering role models.

### **Easy to Love, Difficult to Discipline Book Study**

Through this 6-8 session book study, we'll explore and learn from each other covering Dr. Becky Bailey's topics including: Seven Powers of Self-Control; Seven Basic Discipline Skills; Seven Values for Living, Such as Integrity, Respect, Compassion, Responsibility and 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, anger and stress, discipline, alternatives to spanking, creating parenting routines and much, much more. Nurturing Parenting can also be offered for teen parents.

### **Pathways to School Readiness!**

An opportunity to connect with other families, engage in your child's development and enjoy a parent-child activity to support your child's journey to preschool or kindergarten. Each month brings a new topic to learn about school readiness and how you can help your child be prepared for school with fun, simple activities you can do in your own living room. You will gain information and receive resources to support your child's school readiness! Held at Pro Action's Family Resource Centers in Bath, Addison and Hornell.

Parenting is the most important and challenging job any of us can have!

People often wonder why parents attend parenting education classes. Isn't good parenting innate? Studies have shown that in fact most parents can benefit from some guidance in order to do the best job they can in raising their children.

**For more information contact:**  
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[markarensweeney@gmail.com](mailto:markarensweeney@gmail.com)

All current offerings can be found on the EVENTS page of the Pro Action of Steuben and Yates website:  
<http://www.proactioninc.org/events>.

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