

First Five Years

It's Not Just a Workshop, It's An Experience That Will Transform Your Parenting... and Your Life!

If your child:

- Does not listen, does not obey you or is very strong willed
- Gets frustrated very quickly, shouts, bites and/or kicks
- Cries when you discipline him or when you go to work every day
- Has temper tantrums
- Interrupts you all the time
- Doesn't like sharing

This workshop will show you effective ways to ...

- Get to know your own emotional background better
- Build communication and cooperation with the whole family
- Use non-violent discipline techniques that work
- Teach responsibility and other important values
- Defuse power struggles with your children
- Stimulate independence as your child grows older
- Encourage your children to be the very best!

Testimonial

"Despite the fact that I have a 16 year gap between my older children and my current child, I felt the need to improve my parenting skills. Taking the Active Parenting class has made all members in our family feel more in control. My husband and I have learned skills (choices, logical consequences and FLAC) to prevent and avoid melt downs, tears, threats, frustration and embarrassment. We have learned to respond to situations with our son without anger. We all have a greater sense of "family," "togetherness" and a happier home. The six evenings taking this class was time well spent! I strongly recommend this class for all parents...even those who have already raised children!"

Dawnie L. Kildoo DDS MAGD. Green Vallev. AZ

Martha Portilla is the mother of three young adults. She was a Montessori teacher for 18 years and is a Certified Positive Discipline Classroom Educator and Active Parenting Trainer. For the past 11 years she has been supporting parents through workshops and coaching sessions in person and/or via Zoom. To access some valuable free parenting tips, you may visit her Facebook page: **Mindful Parenting, LLC**

First Five Years

Ten 1-hour sessions held on **Thursdays** from **5:15 pm to 6:15 pm** via Zoom, Dates: From **September 1st through November 3rd, 2022**.

Session 1: Self-Work: How was your Childhood? Thought Patterns, Self-Discipline.

Session 2: Self-Work: A Connected Relationship as Foundation to a Connected Family.

Session 3: The Purpose of Parenting, Ages and Stages of Development, Temperament, Parenting Styles

Session 4: The Method of Choice, Building the Bond, Self-Care

Session 5: Your child's Brain, Problems are Good, Transitions, What is Discipline?

Session 6: How to Motivate your Child, and Prevent Misbehavior through the Use of Two Good Rules, Building the Bond

Session 7: Understanding Consequences, Tantrums

Session 8: Loving kindness, How to Encourage your Child, Self-Care

Session 9: Three Smart Things to Help your Child Get Ready for School

Session 10: Three Additional Smart Things You can Do, Building the Bond

Fee: \$20 per household (including materials)

***Split households are required to register separately.**



2022 PARENTING WORKSHOPS

Registration Form

First Five Years

Active Parenting (Ages 5-12)

Attending Parent/Guardian Information	Attending Parent/Guardian Information
Name:	Name:
Phone:	Phone:
Email:	Email:
Street Address:	Street Address:
City, State, ZIP:	City, State, ZIP:

Student(s) Name(s): _____ Age: _____

Have you attended parenting workshops before? Yes No

- If yes, please share the title or topic of the class: _____

Parent/Guardian Signature: _____ Date: _____

Workshop Fees: [Fees include materials]

First Five Years
10 Weeks; \$20/household*

Active Parenting (Ages 5-12)
14 weeks; \$25/household*

***Split households are required to register separately.**

FOR INTERNAL USE ONLY
Date Paid _____
Amount Due _____
Amount Paid _____
<input type="checkbox"/> Cash
<input type="checkbox"/> Check No. _____
<input type="checkbox"/> Money Order
<input type="checkbox"/> Payment Plan
Date Received _____