



## Parent Education Series

**Managing Your Child's Behavior: Tantrums, Turmoil and Keeping Your Sanity**  
**Michael Mitchell, LCSW**

Tuesday, February 28th



Tantrums and the stress that accompany them are at times overwhelming. Parenting a child naturally comes with tantrums and emotional explosiveness that can overwhelm the best of us. This workshop talks about the various reasons behind many of the big blow-ups and practical ways to manage these situations. Whether it occurs in the home, grocery store, school, or much anticipated birthday party there are ways to understand the cycle of escalation to maximize your success with your child.

**Why Won't Johnny B. Goode at Home?**

**Janet Avery, Education Trainer, Maine Parent Federation**

Tuesday March 6th



All children misbehave, but for some children that behavior is more frequent, intense and challenging. During this workshop parents will gain an understanding of some causes of challenging behaviors. Approaches that can be made at home that work for the whole family, not just for the child will also be covered. Strategies that can impact in positive ways on a child's behavior will be discussed, and parents will learn some simple ways to take care of themselves.

**Nutrition: The Importance of Healthy Eating for Families and Children**

**Susan Pelletier, Nutrition Consultant, University of Me. Cooperative Extension**

Tuesday, April 3rd



Managing your home and preparing meals on a fixed income and busy schedule is at times impossible. Have you ever been interested in taking a class or training on how to make a meal plan on a fixed budget?? During this training, parents and caregivers will learn how to stretch food dollars, prepare great snacks, learn cooking skills, gain knowledge of new ideas for healthy recipes, as well as learn how to keep food safe all while gaining tips for maintaining a healthy lifestyle.

**4 Step Parenting: Circle Method**

**Mark Rains, Child Psychologist**

Tuesday, May 8th



Tired of 'win-lose' struggles with your children? The 4-Step Parenting Circle offers a way to connect with and guide them through (1) communicating their feelings and goals, (2) learning from their behavior choices, (3) reaching shared goals and, if necessary, (4) recycling through the circle for expressing their feelings about the process. During this workshop you will get a chance to learn this method too.

**Classes held at the Children's Center**

**5:00 pm to 7:00 pm**

**These workshops are *free* for parents! Dinner, childcare, and mileage reimbursement will be available.**

**To register, contact Samantha Thibodeau, at the Children's Center 626-3497, ext.125**



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