

# PF CS & YOU

Putnam Family  
and  
Community Services

# Take Note ✓

SUMMER 2010: EXCERPT

## Spotlight On... *Common Sense Parenting*

**Being a good parent is one of the hardest jobs a person will ever have.** Kids – of any age – just have a knack for finding and pushing buttons. Even the most well-intentioned children go through periods when they won't listen...they misbehave...they talk back. And parents have the difficult task of teaching them to be polite and respectful – and trying to stay calm while doing it!

PFCS offers **Common Sense Parenting** to help parents approach their kids with a cool head and a warm heart. This 6-week workshop gives parents the tools they need to **handle a child's most challenging behaviors and raise kids who are caring and responsible.** Our trained facilitators identify the specific needs of each family in the class and demonstrate, step-by-step, how to:

- ▶ *give clear messages*
- ▶ *give effective praise and positive reinforcement*
- ▶ *stay calm and teach self-control*
- ▶ *develop consistent expectations and consequences*

All of this helps parents learn to **reduce problem behaviors and provide fair, effective discipline.** And when parents use Common Sense Parenting skills, children learn that their behaviors – both good and bad – have predictable consequences, and that parents love them even when they misbehave. Not only does this lead to more positive behavior, but it also **builds closer, happier family relationships.**

Common Sense Parenting classes are currently in session, and are offered throughout the year. For more information, class prices and scheduling, please call 845-225-8995.