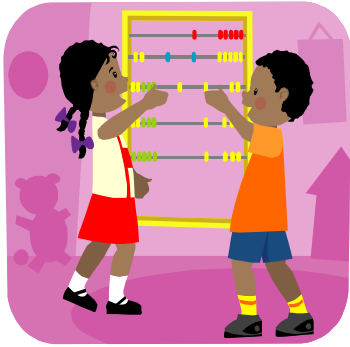


## What if my child has special needs?

The classes have been designed to work with children with all types of temperaments and issues. Even those with special needs.



## Where are these classes being held?

These classes are held at the Holy Family School here in Malone. Each class is 7 to 8 weeks in length.

Parenting is the hardest job in which you will ever have to do. Come join us and learn new skill and strategies that will make your job as well as theirs easier.

## Do I need to pre-register for the class?

Yes! Call us and we will sign you up.

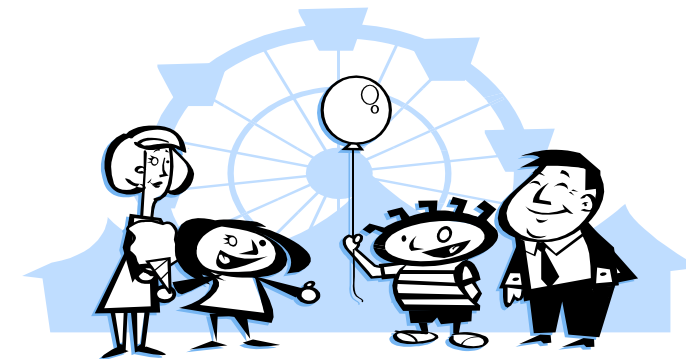


For Further Information Please Contact...

Mental Health Association of  
Clinton & Franklin Counties  
1145 State Route 30  
Malone, NY 12953  
518-521-3507

# COMMON SENSE PARENTING CLASS

Common Sense Parenting is designed to assist individuals in raising children in learning or enhancing their skills to encourage positive behavior, discourage negative behavior and teach alternatives to problem behavior with their children.



Mental Health Association of Clinton &  
Franklin Counties  
14415 State Route 30  
Malone, NY 12953  
518-521-3507

## The Skills Taught Include...



## Why Common Sense Parenting Classes?

The Common Sense Parenting Classes are adapted from the Boys Town Family Home Program. Evaluation studies have shown benefits for parents/caretakers from a wide variety of cultural and socio-economic backgrounds.

## Who are these classes for?

Moms, dads, step-moms, step-dads, grandparents, aunts, uncles, and foster parents. These classes are for any one who is raising a child either full time or part time, and lives in Franklin County or nearby. They are also for parents who's children are presently living outside of the home.

## What do they cost?

The classes are free. However if you would like to keep the book for your own use after the classes are done there is a \$15 fee.

### Clear Communication

### Effective Praise

**Preventive Teaching** - teaching expectations in order to assist children to avoid problems and to be successful

**Corrective Teaching** - correcting misbehavior and teaching children what to do instead

**Teaching Self-Control/Staying Calm** - a process for helping children to calm down when they are upset and teaching them skills to use to remain calm in future intense situations

**Putting It All Together** - individuals will develop a Parenting Plan to use with their children and to demonstrate how and when to use the Common Sense Parenting skills

## What is the class format?

The classes consist of six two hour sessions. At each session a skills will be introduced and then modeled for the class. There will be a video showing the right and wrong way to use the skill. Then there will be plenty of time for practice. There will be homework so you can practice the skills before the next session.



## What if I don't learn in the traditional way?

These classes are taught in both audio and visual manners to accommodate individual learning styles. The book is also available on audio cassette for those who have difficulty with reading. The Mental Health Association strives to meet the needs of each individual and will make accommodations as they can.