

# POSITIVE SOLUTIONS FOR FAMILIES\* SESSIONS SPRING 2018



*Positive Solutions for Families* will provide information for families on how to promote children's social and emotional skills, understand their problem behavior, and use positive approaches to help children learn appropriate behavior.

The schedule for the spring sessions is below:

**Fountain Springs Center  
Wednesdays**

3/7, 3/14, 3/21 and 3/28  
9:30—11:30 AM

**St. Clair Center  
Thursdays**

3/15, 3/22, 4/5 and 4/12  
5:00 – 7:00 PM

**Mahanoy City Center  
Tuesdays**

3/6, 3/13, 3/20 and 3/27  
5:00-7:00 PM

**Shenandoah Center**

Families are welcome to attend the  
Fountain Springs Center sessions

**Pottsville Center  
Wednesdays**

4/11, 4/18, 4/25 and 5/2  
6:00 PM – 8:00 PM

**Tamaqua Center  
Wednesdays**

3/20, 3/27, 4/3 and 4/10  
4:30—6:30 PM

**Pottsville—John S. Clarke Center *and* Sch. Haven Centers**

Families are welcome to attend any of the above sessions.

Here is an overview of what will be covered in each *Positive Solutions for Families* session:



**SESSION 1**

**Making a Connection!**

Identify the importance of building positive relationships with children. Discuss the “power” of using positive comments and encouragement with children.

**Making It Happen!** Understand how play can be a powerful parenting practice. Learn ways to help children develop friendship skills. Link building relationships, using positive comments/encouragement, and play to children's behavior.

**SESSION 2**

**Why Do They Do What They Do?** Examine why children do what they do. Practice ways to determine the meaning of behavior. Understand how to make expectations clear for children. Understand effective ways to develop and teach household rules.

**SESSION 3**

**Teach Me What to Do!** Define the concept of emotional vocabulary. Identify feeling words and identify effective ways to teach feeling vocabulary. Demonstrate the use of books to support emotional vocabulary and social-emotional development.

Identify how the turtle technique can be used to cope with feelings of anger and disappointment. Learn how to teach problem-solving skills.

**SESSION 4**

**Part 1 . . . Facing the Challenge**

Examine specific strategies that can be used to promote positive adult and child behavior in home and community settings.

**Part 2 . . . Facing the Challenge**

Identify that problem behavior has meaning. Identify the meaning of behavior by examining what happens before and after the problem behavior. Identify the three parts of a behavior plan: preventions, new skills to teach, and new responses. Learn to use the Family Routine Guide to identify supports for use with children during daily routines.



**Talk with your child's Teacher or your Family Advocate about joining us for these sessions!!**

These sessions are open to parents of children enrolled in Child Development centers, as well as any parent within Schuylkill County.

\* *Positive Solutions for Families* is made possible through a grant from Schuylkill County Drug & Alcohol.