

## Join us for one or more of the classes in the 2016 Parenting Successful Kids Series!

### Step One:

Choose the class or classes you want to attend from the front of this brochure.

### Step Two:

Register by calling Iowa State University Extension and Outreach, Scott County at 563-359-7577 or e-mail Anna at themasa@iastate.edu and you can fill out your registration via e-mail.

### Step Three:

At the first class you attend, you will be asked to complete a form that tells us about your family. This confidential information will be used to report on who we have served this year.

### Step Four:

Attend class!

5:30—6:00 Free dinner!

6:00—7:30 Free class!

### Step Five:

Everyone who attends will receive a free gift at each session to help implement what was discussed in that session. Parents who attend at least five of the ten sessions will receive \$50 worth of incentives of their choice!

### Step Six:

Tell us what you learned! After each class you will complete a short survey telling us what you learned.



## Frequently Asked Questions

### Can I bring my children?

No. This is an adult-only class. However, parents can ask to have us pay their babysitter \$25.00 for each class attended. Ask about this at registration.

### What age of children will be discussed in these classes?

The topics in these classes are primarily intended for parenting children in grades kindergarten through fifth. However, many topics are also applicable to younger and older children. If you have questions, ask at registration.

### Who can attend?

Any Scott County resident who is raising or helping raise a child.

### Do you need foster care continuing education credit?

We can help with that! Ask at registration.

### Are these classes really free? What's the catch?

Yes, these classes are really free. We provide dinner, child care reimbursement and incentives to help families be able to attend. There is no catch!

### How many people must sign up to have the class?

A minimum of ten adults must be registered five days prior to the class in order to hold it. If a class is cancelled due to low registration, individuals who have registered will be called.

# Parenting Successful Kids

***Raising kids is harder than ever!  
There are so many things to worry about that it can be hard to know what to do! The good news is that there is more research today than there ever has been about how to raise caring, competent, contributing kids!  
Join us for education and discussion about your most important job—parenting!***

**January through June 2016**  
**Parent Education for Scott County**  
**parents and caregivers**

Offered by

**IOWA STATE UNIVERSITY**  
Extension and Outreach

With support from



## Month One: Being a Balanced Parent

January 12, 2016

5:30 – 6:00 Dinner

6:00 – 7:30 Education

*Research tells us that we each have a specific approach to parenting that leads to certain outcomes for our children. Each of these approaches occurs through a combination of the two vital aspects of parenting: love and limits. Find out what your style is, how it is affecting your children, and ways to work toward a more balanced approach to parenting that can help your children reach their maximum potential.*

## Month Two: Preventing Discipline Issues

February 9, 2016

5:30 – 6:00 Dinner

6:00 – 7:30 Education

*80% of any problem is preventing it in the first place! This session will focus on ways to organize family life that prevent school-agers from engaging in behavior that is inappropriate, unsafe, or irritating. Find out simple ways that reduce the stress in your household that you can start implementing tomorrow!*

## Month Three: Discipline by the Ages

March 8, 2016

5:30 – 6:00 Dinner

6:00 – 7:30 Education

*Managing children's behavior is easiest when it is tailored to what they know, understand and can do at each age. This session will discuss what to expect at each age of development, and how to effectively handle common behavioral issues at each of these ages.*

## Month Four: Establishing Effective Rules and Consequences

April 12, 2016

5:30 – 6:00 Dinner

6:00 – 7:30 Education

*The hallmark of good household behavior is good household rules. Learn how to establish rules that are appropriate for school-agers, and encourage good behavior. Then, find out how to set consequences that make sense, are easy to remember, and reinforce real life lessons about the world when children make choices to break the rules.*

## Month Five: Sports and Children

May 10, 2016

5:30 – 6:00 Dinner

6:00 – 7:30 Education

*We pay a lot of attention to youth athletics in our society. Some children have worthwhile, positive experiences in sports and others do not. Why is this? This session will address ways parents can tell if their children's needs are being placed first in an athletic program, how to assess a coach's ability to promote positive youth development, the way violence in sports affects children, and a parent's responsibility in protecting and advocating for their child within athletic programs.*

## Month Six: Teaching Children to Manage Conflict

June 14, 2016

5:30 – 6:00 Dinner

6:00 – 7:30 Education

*Conflict is a part of life, and it is up to each of us to make it a positive or negative experience. However, children are not born knowing how to handle conflict. One of our jobs as parents is to teach and model this important skill. In this*

*session, parents will learn what causes a conflict to escalate or de-escalate, possible consequences of conflict (positive and negative) and ways to help children make their conflicts "positive." Special attention will be paid to the six steps to solving a problem and rules for fair negotiation.*



### Questions?

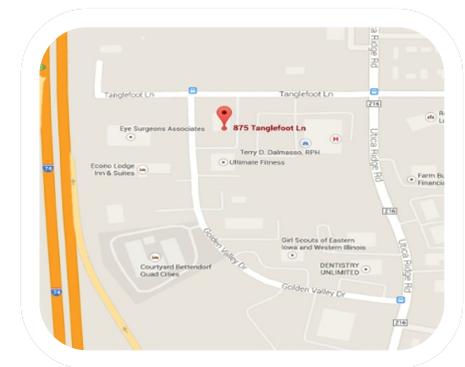
Visit us online at [www.extension.iastate.edu/scott](http://www.extension.iastate.edu/scott) or call 563-359-7577

### Want to Register?

Call Iowa State University Extension and Outreach, Scott County at 563-359-7577  
Or e-mail [themasa@iastate.edu](mailto:themasa@iastate.edu)

### Location?

All classes will be held at  
Iowa State University Extension and Outreach,  
Scott County  
875 Tanglefoot Lane



*These materials are neither endorsed nor sponsored by the Davenport Community School District, nor does the school district take any position with regards to the materials presented.*