

**Join us** for one or more of the classes in the 2017 & 2018 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. At registration you will be asked some questions about your family.

**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.

**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!*

**August 2017 – May 2018**  
Parent Education for Scott County  
parents and caregivers

Offered by

**IOWA STATE UNIVERSITY**  
Extension and Outreach

With support from



## School & Family Relationships

August 8, 2017

5:30 – 6:00 Dinner

6:00 – 7:30 Education

Have you ever wondered how your child's school decides what to teach? Do you sometimes ask yourself what your child's school expects from you? This session will focus on how school curriculum is organized, how schools measure success and how parents can help a student be a successful learner. Find out tips for understanding school culture, as well as how to help with homework!

## Understanding Temperament

September 12, 2017

5:30 – 6:00 Dinner

6:00 – 7:30 Education

That part of a personality that we are born with is called our temperament. People are "wired" with their own combination of nine different temperament traits that combine with our experiences to make us who we are. Understanding our child's unique temperament and the way it interacts with our temperament is an important part of understanding and supporting positive growth and development of all children.

## Brain Development

October 10, 2017

5:30 – 6:00 Dinner

6:00 – 7:30 Education

It is estimated that in any given school there are 20% positive leaders, 20% negative leaders and the remaining 60% are followers. Which category do your children fit in? What about your children's friends? The common image that adults have of childhood peer pressure is not the way that children actually experience it. In this session learn the myths surrounding the adult image of peer pressure, and how self-esteem is one of the most vital links to helping your child combat peer pressure. Also included in this session are ways parents can decrease their child's susceptibility to peer pressure.

## Healthy Relationships

November 14, 2017

5:30 – 6:00 Dinner

6:00 – 7:30 Education

One of the primary ways that children learn about how to have healthy relationships are through the messages given by their family and friends. This session focuses on what children learn about relationships—beginning in their first year of life—and ways we can help children learn healthy relationship skills as they grow and develop.

## Keeping Family Sanity During the Holidays

December 5, 2017

5:30 – 6:00 Dinner

6:00 – 7:30 Education

We want to look forward to the holidays, but sometimes expectations are too high, we are too busy, and we never feel like we have done enough. This session will focus on setting healthy boundaries between ourselves, our family, our friends, and our gift giving. Find out how to say "no" without feeling guilty, as well as what children really need during the holiday season to make lasting memories.

## Being a Balanced Parent

January 9, 2018

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.

## Preventing Discipline Issues

February 13, 2018

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!

## Discipline by the Ages

March 13, 2018

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.

## Establishing Effective Rules & Consequences

April 10, 2018

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.

## Tackling Tough Issues

May 8, 2018

5:30 – 6:00 Dinner

6:00 – 7:30 Education

Raising pre-teens and teens is harder than ever. Parents have concerns about violence, drugs, bullying, dating, peer pressure, sexual activity and much more. This session will focus on what to be concerned about, how to talk with this age group about these issues, and what to do if your child's behavior is already a concern.



## Questions?

Visit us online at

[www.extension.iastate.edu/scott](http://www.extension.iastate.edu/scott)

Email [themas@iastate.edu](mailto:themas@iastate.edu)

or Call 563-359-7577 ext. 117

## Want to Register?

Call Iowa State University Extension and Outreach, Scott County at 563-359-7577

## Location?

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

