

## COMMON SENSE PARENTING CLASSES

CONSIST OF: **Seven – 2 Hour Sessions**

WHEN: \_\_\_\_\_

TIME: **5:15PM TO 7:15PM**

WHERE: **Midland County Juvenile Care  
Center**

**3712 E. Ashman Street  
Midland, MI 48642  
(989) 837-6080**



*LIGHT MEAL AND REFRESHMENTS WILL BE  
PROVIDED*

### THE CLASSES WILL BUILD UPON EACH OTHER AND COVER THE FOLLOWING TOPICS:

#### Parents as Teachers

Effective discipline  
Clear Communication  
Chore and Privilege List

#### Reasons & Effective Praise

Responding to your youth when they do well and helping them understand what's in it for them

#### Social Skills & Preventive Teaching

Setting your youth up for success by clearly explaining expectations ahead of time and giving them tools to use

#### Stay Calm & Corrective Teaching

Responding to your youth's problem behaviors using behavior modification

#### Button Pushing & Teaching Self Control

Responding calmly to your youth when they are arguing, yelling, or clearly unwilling to do what you have asked

#### Putting it all together

We will discuss family relationships, traditions, rituals and meetings. Review and develop a plan on how and when to use the CSP skills

# Common Sense Parenting

Common Sense Parenting (CSP) is an award-winning, practical, skill-based parenting program that teaches parents easy-to-learn techniques and logical strategies to address everyday issues of communication, discipline, decision-making, relationships, and self-control.



CSP gives parents the tools to:

- Correct and change problem behavior
- Minimize problems that disrupt family life
- Raise responsible and caring kids

CSP classes assist parents to:

- Reduce youth's problem behaviors
- Help their youth to express feelings in appropriate ways
- Build strong and healthy family relationships

## Common Sense Parenting

- \* Teaches parents to use clear specific teaching techniques and effective consequences to increase acceptable behavior and decrease problem behaviors.
- \* Helps parents proactively teach youth important skills that will prevent problems and increase their success.
- \* Educates parents on how to remain calm in intense situations, as well as teach their youth to calm themselves when they are upset.
- \* Provide parents with the means to open the lines of communication with their children.

A little  
more  
of this ↗



and a  
lot less  
of that ↗



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

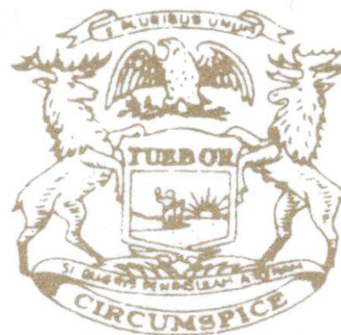
Parenting is the most difficult job you will ever have to do. Join us in learning simple new skills that will make your job easier.

### Common Sense Parent Trainers:

Brandi Allensworth, Supervisor

Diana LaRue, MA, LLMSW

Midland County Juvenile Care Center  
(989) 837-6080



The Midland County Juvenile Care Center and the Forty Second Circuit Court, Family Division pleased to present:

## Common Sense Parenting

Seven, two hour weekly sessions that will give parents the tools they need when they are confronted by attitudes and behaviors that are unacceptable.

