
THOUGHTFUL PARENTING: HOW TO LOVE, ENCOURAGE AND LIMIT YOUR KIDS.... ALL AT THE SAME TIME!

A four-session workshop with Janet Frankel Staub, LCSW

Wednesday, January 29, 2014 @ 7:15 pm

WHAT IS YOUR PARENTING STYLE?

Parents differ in how they manage their role; in this class, we will discuss how “authoritarian,” “permissive,” “disengaged,” and “equipping” parents can affect both their children and the parent/child relationship. We will help you identify your style as you gain insight into your own parenting.

Wednesday, February 26, 2014 @ 7:15 pm

SELF ESTEEM: A GOOD IDEA GONE CRAZY!

Although everyone wants children to accept and value themselves, some misguided ideas about both the definition of “self esteem” as well as how to foster its development in kids, have become dominant in our society. Common sense as well as research indicate that we have become wedded to some very dysfunctional ideas. We will grapple with the definition of self esteem, and from there, consider how parents and teachers can help kids grow with a solid sense of themselves.

Wednesday, March 26, 2014 @ 7:15 pm

YOU ARE YOUR KIDS’ EMOTION COACH

Emotional intelligence has been identified as a critically important quality. Parents have a central role in helping their kids to know and accept their feelings; they also need to help children learn to effectively manage their feelings. We will help you recognize your own strengths and possible blind spots in this area, and to learn ways to help your children know and handle emotions appropriately.

Wednesday, April 30, 2014 @ 7:15 pm

DISCIPLINE: IT’S ALL ABOUT RESPONSIBILITY

In the old days, discipline had to do with punishing, humiliating, and even hurting children. While those days are, to a great extent, behind us, many parents are left confused and without the tools to set limits. We will connect with the principles of the prior three classes to understand misbehavior, and we will teach skills parents can utilize to help foster an atmosphere of cooperation, and to help kids develop personal responsibility.

Janet Frankel Staub, LCSW, a Licensed Clinical Social Worker with over thirty years’ professional experience and trained in both family therapy and psychodynamic thinking, brings a wealth of insight to issues of parenting. She wrote and taught the popular Skilled Parenting seminar, offered for many years at Pinnacle Health. Ms. Staub helps parents understand not only the principles of wise parenting, but effectively helps translate those principles into parenting skills.

**All sessions take place at
THE SILVER ACADEMY, 3301 N. Front Street, Hbg, PA 17110
Refreshments 7:15 – 7:30 PM; Program 7:30 – 8:45 PM**

FREE for Silver Academy Parents \$5 JCC Members \$10 Non-Members

For more information call [717-238-8775](tel:717-238-8775)