

Make Parenting A Pleasure

Session Guide

1. Our Values and Goals

Introduction to our *Make Parenting A Pleasure* group and each other. Share the values and goals we hold for ourselves and our families. Learn about one of the most powerful ways to strengthen our relationship with our children, positive attention through play.

2. Caring for Ourselves

Explore our experiences, feelings, and values about taking care of ourselves. Consider how we can make self-care part of our daily lives. Think about the impact our own self-care and stress has on our children.

3. Special Time

Understand how positive adult attention during daily routines can nurture our children's growth and help them feel secure, confident, and loved.

4. Understanding Stress

Become aware of the unhealthy effects of stress. Learn simple ways to calm our stress response.

5. Stress Busters

Identify in-the-moment stress reducing strategies to help us respond to our children in ways that fit with our values and goals.

6. Who is My Child?

Consider our children's unique styles of behavior. Learn how we can best support their healthy development.

7. Family Helpers

Examine ways we can help family life run more smoothly. Think about prioritizing our own and our children's basic needs, developing a strong support network, and creating structure through family rules and routines.

8. Communication

Explore ways we can provide consistent and responsive communication to support our children's healthy development and strong relationship with us.

9. My Child's Emotions

Learn how we can encourage our children's healthy emotional development and teach skills that will benefit them for a lifetime.

10. Discipline is Teaching

Think about the goals of discipline. Understand how we can best support our children in learning all they need to know to get along in the world.

11. Strategies for Effective Discipline

Practice approaching discipline as teaching. Explore effective strategies to influence our children's behavior.

12. Reflection and Celebration

Recognize and celebrate the progress we have made, the skills we have learned, and the goals we have met.