

YMCA Community Literacy: Parent Education Workshops Scheduling Workshops

YMCA Community Literacy believes parents are the most important educators. The programs listed in this packet have been developed with input from teachers and parents. The methods taught are ones that we use in our own homes and classrooms. We believe that one of the keys to good parenting is receiving support and recognizing what you already do well and building on those strengths. If you are interested in having us present for a group or offer one of our programs at your site, please contact us to discuss pricing. Because we believe the powerful parenting is a key to eliminating low literacy in our region, we are able to provide sessions for free to qualifying agencies. If your agency serves a population that is 80% or more low-income families, contact us about receiving services for free. **Beginning Babies with Books** provides thirty minute to one hour workshops. During the workshops we address a parenting topic and read a picture book that relates to the topic. All participants receive a copy of the book that was read, plus one to two additional books to share with their children. If you would like more information about parent workshops please contact, Ricqui at (314)776-7102 or ricqui.brooks@gwrymca.org

Giving Yourself Credit: Positive Solutions for Challenging Times.

We are all guilty of failing to give ourselves credit at times; instead of lifting ourselves up we build ourselves down. This workshop will help parents discover their parenting strengths and learn to build on them.

Bonding with Your Child While Learning

The strong ties between parents and their child provide the child's first model for intimate relationships and foster a sense of security and positive self-esteem. This workshop will help parents learn how to promote bonding and how they can bond with their children through learning.

Promoting Children's Mental Health

Knowing when your child has a mental health issue may be hard to detect. This workshop will help parents learn what a mentally healthy child may look like and will provide strategies of good parenting to help promote their child's mental health.

Enjoying Daily Routines

One of the best ways to enjoy life is to create routines to help manage the 'difficult' times. This workshop will help the parent discover simple techniques to create easy daily routines.

Setting Limits

All children challenge rules. This workshop will help parents understand why and how to stay calm while enforcing them.

Positive Behavior Management

Disciplining children is a key component of any parent's job, deciding what types of 'punishment' to use can be even trickier. This workshop will help parents learn alternatives to spanking that really work!

Self-Calming

Being able to recognize emotional build-up is the first stage in self-calming. This workshop will help parents recognize strategies used to self-calm.

Helping Children Wait

Waiting is a learned and necessary life skill. This workshop will help parents learn games and strategies that will help their children to wait more patiently.

Preparing Your Child for Transitions

Children may have difficulty making transitions for many reasons. This workshop will help parents prepare children for transitions.

Empowerment and Reading

All children can be empowered to read. This workshop will help parents understand how structured choices, opportunities for exploration, and self-concepts can lead to reading empowerment.

Creating a Reading Environment

Family involvement is essential to any child's success as a reader. This workshop will help parents develop a reading environment in their home.

Communicating with Healthcare Professionals

Taking your child to the doctor can be a scary event. This workshop will allow parents discuss ways to develop a positive relationship with their child's healthcare professional and learn how to prepare their child for visits.

Celebrating African American Authors

Many books that are presented as African American books are not by African American authors. This workshop will introduce African American authors and why they became authors.

Be Affectionate

Parents must be the ones to instill the value of affection to their children. This workshop will teach the importance of appropriate affection towards children.

Creating a family pattern with Pattern Books

Rhyming and pattern books are valuable tools in the stages of early reading. This workshop will teach parents the value of rhyming and pattern books, while allowing parents the opportunity to create a pattern book of their own.

Effects of parental substance abuse on families

Abusers often neglect their children both in regard to physical as well as mental needs. This workshop will explain the strains on the family provided by the substance abuser and will provide an outlet for current/former abusers to look at their addiction from a family standpoint.

Emotionally Intelligent Children

Children with a high level of emotional intelligence are more likely to ensure they live a happy, successful and responsible adult life. This workshop will emphasize the importance of helping your child become emotionally intelligent.

Teen Parent Workshops

Being a teen parent can be very difficult. At Beginning Babies with Books we strive to give these parents the tools and support they need to maneuver through a difficult time in their lives and become amazing parents.

The "I Message"

The "I message" refers to statements we make to others about ourselves. This workshop will help teen parents understand how to effectively inform others about the feelings of hurt and anger they have developed after a situation.

Am I in a Healthy Relationship?

Relationships can be hard to understand whether abuse is involved or not. This workshop will help teens understand that in a healthy relationship partners work toward the relationship equally. While in an abusive relationship one partner takes advantage of the goals and uses them against the other.

Father Specific Workshops

We offer a series of workshops based on the needs of fathers, the father based workshops can be combined with the parent workshops to create a longer series.

Be a Dad

Any man can be a father, whether present in that child's life or not. While this is technically true it really takes a man to be a DAD! This workshop will express the importance of being actively present in the child's life.

Father's as Unique Role Models

Fathers are an important piece in the puzzle of life. They play essential roles in front of and behind the scenes. They are providers and protectors of their families. This workshop will allow father's to discuss the challenges and opportunities of being a role model.

Circle of Fathers

Do men have the emotional support they need to make it through the difficult times of being a father? This workshop will help fathers find their circle of men to help them through the difficult times.

Multi-Session Training

Y Literacy offers these more intensive 4-session trainings for parents.

Becoming a Love and Logic Parent: *Love and Logic*® provides simple and practical techniques to help parents with kids of all ages:

- Raise responsible kids
- Have more fun in their role
- Easily and immediately change their children's behavior

Love and Logic is a philosophy founded in 1977 by Jim Fay and Foster W. Cline, M.D. It is the approach of choice among leading educators, parents, and other professionals worldwide.

Advocating for Your Child's Education: This program was designed to help parents organize their child's educational and medical records, identify exactly what they want from their child's school, and communicate with the school and get support from others to ensure their child's needs are being met. In addition to instruction, program participants will receive materials to organize their child's education binder and a copy of *From Emotions to Advocacy* by Pam and Pete Wright.

Early Childhood Educator Workshops

Early childhood educator workshops are one or two hours. Workshops include: Discussion, introduction of lesson plans, booklists, and an opportunity to select and make classroom resources. These workshops are fee based, to help cover cost of materials for the workshop.

Character Education – This workshop familiarizes educators with character traits, while brainstorming sessions give the opportunity to use 'every day' children's books to create a character education program for their classroom.

Diversity – Get resources and lesson plans and make games and classroom materials that will help you to make common preschool themes more multicultural.

Imagination – Discuss ways people use imagination to resolve conflicts, solve problems in science and math, and invent new products. Receive lesson plans that foster children's imagination across the curriculum.

Stress and Young Children – Many children we serve in the preschool classroom have witnessed traumatic events. Discuss ways to help these children to feel more safe and comfortable in the classroom.