

PARENTING WITH INTENTION – A Journey Through the Great Fast with Pani Janet

A Program Adapted from Common Sense Parenting; Love & Logic; and STEP

YOUR FACILITATOR: Pani Janet served 20 years in the United States Air Force and has been married to Fr. Brian Escobedo (Pastor of Holy Protection Byzantine Catholic Church in Denver) for more than 41 years. They have three grown children ages 40, 36 and 31. Pani has been a Licensed Professional Counselor for more than 21 years and has been a New Mexico Licensed School Counselor in grades pre-K through High School as well as at the largest Community College in New Mexico. She has worked as a Registered Play Therapist at nonprofits and in private practice with sexually abused young people and families affected by abuse. She volunteered in Children’s Court with the Victim Offender Mediation program in New Mexico and worked extensively with incarcerated and hospitalized at-risk teens. She is licensed to practice counseling in the state of New Mexico and Colorado.

SCHEDULE

LESSON ONE: Parents as Teachers

Parents will learn to recognize underlying causes for misbehavior; the difference between discipline and punishment; and how to use discipline as a teachable moment with neutral language.

LESSON TWO: Focus on the Positive

Parents will learn how to reinforce positive behaviors; how to deliver appropriate praise; create behavior contracts; and tools to track progress.

LESSON THREE: Preventing Misbehavior

Parents will learn to recognize “near occasions of problematic behavior” before they happen and will learn how they can be proactive to prevent misbehaviors before they occur. Parents will also learn how to teach social skills to their children.

LESSON FOUR: Correcting Problem Behaviors

Parents will learn a four-step process called corrective teaching as a response to problem behaviors. Parents will learn how positive social skills (from previous chapter) can be an alternative to the problem behavior.

LESSON FIVE: Dealing with Intense Situations

Parents will learn how to stay calm when child is “pressing buttons.” Parents will learn how to teach their child to express feelings appropriately in ways helpful to self and family.

LESSON SIX: How to Help Your Child Do Well in School

Parents will learn home activities to help your child do well in school and how to communicate with parents, teachers, and guidance counselors. Parents will understand common interventions that teachers can use to help a child who is struggling academically.

REGISTRATION INSTRUCTIONS

Classes will be held virtually on zoom beginning Thursday 18 Feb from 7-8PM Mountain Time. Upon Registration you will be provided with a zoom link for this course. The zoom link and password will remain the same each week. Each class builds on the previous class, so please try to attend all classes. During this class, Pani Janet will be available for consultations and questions about your specific situation. This class is provided free of charge, but donations are most welcome and 100% of your donation will support Holy Protection Byzantine Catholic Church and our building fund. Register online at www.holyprotection.org or email Pani Janet at coloneljanet55@gmail.com Registration cutoff is **noon** mountain time 18 Feb 2021. Moms, Dads, and future parents welcome!