

# YMCA Childcare Resource Service

## HEALTHLINE

### Behavioral Workshop Topics for Parents

#### **Parenting Styles**

This workshop explores the three main types of parenting styles, Authoritarian, Permissive, and Democratic examines each style's characteristics and potential outcomes.

#### **Setting Limits and Applying Consequences**

This workshop explores positive limit setting, developmentally appropriate expectations, and both positive and negative consequences.

#### **Stress Management**

This workshop is designed to teach parents to recognize and address stress in both themselves and in their young children.

#### **Understanding Anger**

Anger shouldn't be "managed" but understood as a normal healthy human emotion that can be expressed and vented in positive socially acceptable ways.

#### **Self-Esteem**

This workshop helps parents understand how fragile a young child's self-esteem is, and teaches them to build and maintain a healthy positive sense of self.

#### **What do you do with the mad that you feel? (KPBS)**

This workshop, designed by KPBS and starring Mr. Fred Rogers, helps parents understand a child's anger, its purposes, and a way to address unwelcome behaviors.

#### **About Conflict (KPBS)**

This KPBS workshop is designed to assist parents in learning to face and become confident dealing with conflict both within and outside of the home.

#### **Temperament**

Easy, Active, and Cautious are the three major temperament types explored during this workshop. Parents will have fun discovering not only their child's temperament.

#### **Positive Guidance & Praise**

In this workshop parents learn about the power of using "renewal time" in a positive non-punitive manner. Parents will also learn about praise and guidance.

#### **Social/Emotional Growth and Development**

This workshop helps parents understand their child's behavior by exploring social and emotional growth.

#### **The Happiest Toddler**

This workshop is based on the best selling book, *"The Happiest Toddler On the Block"*, by Harvey Karp, M.D. In this workshop parents will learn to use what Dr. Karp calls *"baby caveman talk"* to soothe, guide, and gain understanding and appreciation for their toddler.

#### **Kids, Parents, and Power Struggles**

Mary Sheedy Kurcinka is the author of this book as well as *"Raising Your Spirited Child"*. By using her principals and activities parents understand the futility of power struggles and the potential damage to relationships.