

Register by Mar 3 for the Active Parenting course

Free Active Parenting course takes the guess work out of parenting for kids 5-12

The popular 'Active Parenting' course returns for the 4th year to help Carlisle Barracks parents understand and interact with their children. Jen Starner, an instructor from Pressley Ridge services for children and families, is a returning instructor for the Carlisle Barracks Active Parenting course scheduled for March 9, 16, 23.

"Jen relates very well with parents," said Anne Hurst, the ACS Family Advocacy director. She'll use video clips of children's behavior and parental reactions – and then guide the parents in discussion about what they've seen and what responses will be more effective, added Hurst.

"We found it very useful," said Lt. Col. Mark Viney. He and his wife returned to the course a second time. "One thing most useful was the interaction we had with other parents, listening to their experiences and recognizing that you're not alone in the situations you're dealing with.

"You'll have parents with kids of different ages, so there's a unique and helpful mix of perspectives," said Viney. We're not taking it a third time, he noted, but they did enjoy the pizza and soda.

Childcare is provided free of charge; the class is free; and the book is free. Parking is available at the chapel.

The Active Parenting class is for parents of children 5-12. Open to all Carlisle Barracks personnel, the classes are held in Moore Child Development Center – Three Tuesday evenings, 5:30 – 7:30 pm: March 9 and 16 and 23. Register no later than March 3, by calling 717-245-3775, or -4357.

- **Session 1.** Communication and Cooperation: Styles of Parenting, Problem-Handling Model, Active Communication, Family Meetings
- **Session 2.** Discipline and Responsibility: Effective Discipline and the Problem-Handling Model, Logical Consequences vs. Punishment, Problem Prevention talk
- **Session 3.** Power, Courage, and Self Esteem: Avoiding Power Struggles, Parenting and Anger, Building on Strengths, Emphasizing the Family Unit