

Parenting Wisely - Young Child Edition

An interactive parenting program for parents of elementary school aged children



Parenting Wisely - Young Child is a parent support program for parents of elementary school aged children. The program helps parents learn strategies and techniques to better support their children and manage difficult situations in the home. Parents will learn constructive skills proven to decrease problem behaviors, reduce family conflict, and improve the family dynamic.

The course curriculum covers these parenting issues:

- Interrupting on the phone
- Getting kids up and out the door on time
- Acting out in public
- Homework and poor grades
- Conflict with other children/siblings
- Getting ready for school

Parents learn how to:

- Improve communication skills
- Use planned ignoring and self-talk
- Set realistic and consistent expectations
- Use assertive discipline and prompts/commands
- Use non-directive play and mindfulness techniques

In addition, at the completion of the parent support group, families are able to work individually with staff to further develop and put into practice the skills and techniques they have learned.

For Loudoun County residents only.

A free 5-week program

Virtual

Thursdays | 6:00 - 7:30 p.m.

Upcoming session:

February 1 - February 29, 2024

March 21 - April 18, 2024

May 9 - June 6, 2024

Check out a demo:

parentingwisely.com

**For more information and to register, contact:
Linh Carter at 703-737-8237**

If you require an accommodation to participate in this program, contact the department at 703-737-8237. Three days' notice is requested.

**LOUDOUN
COUNTY**
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VIRGINIA