

Parenting Wisely

An interactive parenting program



Parenting Wisely is a parent support program for parents of middle and high 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:

- Getting kids up on time for school
- Helping kids manage household chores
- Monitoring schoolwork and friends
- Monitoring electronic devices and sibling conflict
- Managing curfews and drug use

Parents learn how to:

- Improve communication skills
- Set realistic & consistent expectations
- Use mindfulness techniques
- Use planned ignoring and self-talk
- Develop a family agreement/contract
- Use assertive discipline & prompts

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

Wednesdays | 5:30 - 7:00 p.m.

Upcoming sessions:

January 10 - February 7, 2024

February 21 - March 20, 2024

April 17 - May 29, 2024

June 5 - July 3, 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
VIRGINIA**