

Parenting Skills Training

is an 8-hour class offered in three sessions that each focus on encouraging positive behavior through building parent-child connection. Parents and caregivers learn how to understand and respond to their child(ren)'s cues so they can be more attentive to their needs.

Due to COVID-19 and for the health and safety of families and staff, Parenting Skills Training sessions are currently offered in a virtual format via Zoom. Internet is required.

Visit <https://zoom.us> for use and compatibility information.



CaPa

Child Abuse Prevention Association

REGISTER

Online:

capacares.org/what-we-do/education

By phone:

Tonika Benson
Community Education Manager
(816) 534-0623

Prevention Education Program Partners:



CHILDREN'S
SERVICES
FUND
OF JACKSON COUNTY



AmeriCorps



PARENTING SKILLS TRAINING (PST)

A Parenting Education Class



Helping parents
develop skills for
creating *strong*
and *resilient*
families.

BACKED BY *research*

Parenting Skills Training is based on the Strengthening Families Program developed by Dr. Karol L. Kumpfer and is widely recognized as a universal primary prevention intervention in communities.
(strengtheningfamiliesprogram.org)



SUPPORTIVE *learning*

Session 1:

- Setting Goals and Objectives
- Understanding and Handling Stress
- Promoting Positive Behavior
- Noticing and Ignoring Behavior
- Parent and Family Communication

Session 2:

- Talking About and Solving Problems
- Giving Children Directions
- When and How to Set Limits
- Practice Setting Limits

Session 3:

- Making Behavior Change Plans
- Using Behavior Change Plans
- Maintaining Behavior Strategies
- Substance Abuse and Families
- Self-Care for Parents

If needed, a certificate of completion will be provided to those individuals who have completed all sessions of a scheduled class.