

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.

PST sessions are currently offered both in-person and in a virtual format via Zoom. Internet is required for virtual participation.

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



CaPa

Child Abuse Prevention Association

REGISTER

Online:

capacares.org/education

By phone:

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Community Education Manager
(816) 534-0623

Prevention Education Program Partners:



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.