

P.E.T. Parent Effectiveness Training: A neuro-developmental approach

In-Person Class

Where: Banbury Crossroads School (2451 Dieppe Ave
SW #201)

When: Tuesdays, February 7, 14, 21, and 28, 2024
6:00 PM to 8:30 PM

Cost: \$195.00 per person

Participants must pre-register at:

<http://www.professionalparenting.ca/in-person-classes.php>

By completion of this course, successful participants will be able to:

Week One

- Recognize problem ownership
- Identify the effect of temperament, and parenting styles on relationship building

Week Two

- Define the stages of development including brain development
- Demonstrate active listening skills, and further skill practice in Active Listening - When, where and when not to

Week Three

- Demonstrate assertiveness skills and use of the I-message.
- Distinguish between punishment and discipline
- Demonstrate Shifting Gears Skills- The art of skillfully disarming an angry person
- Identify areas of conflict and choose tools to manage it

Week Four

- Demonstrate skill practice in problem-solving
- Determine resolutions for values collisions
- Apply the above skills for implementing parenting strategies for common parenting concerns
- Sibling and Child Fighting - When to intervene, how to calm everyone, and how to negotiate sibling and classroom conflicts.