

# PARENTING 101 CLASS

## Class Begins

### Kalamazoo

April 2, 6:00pm

### Battle Creek

April 7, 11:00am

The class meets **1**  
day per week for **6**  
consecutive  
weeks.

No cost, all materials  
are provided.



## ENROLL NOW!

**Sue Kohl**  
Parent Instructor

 269.345.1740 x.206

 [education@alternativesofkzoo.org](mailto:education@alternativesofkzoo.org)

## You will learn:

- About behavior of children
- How to meet the 5 basic needs of children
- How to create a climate of openness for great communication
- How to establish clear boundaries
- Strategies to help children avoid harmful risk
- About expressing unconditional love
- How to understand cyclical behaviors

# Topics Covered in P101

- **Understanding why children behave the way they do and how parents can address the children's needs that drive the behavior**
- **How to help children develop their strengths in personal qualities and abilities**
- **How to create a climate of openness to foster open, honest communication in the home**
- **Learn strategies to address sensitive topics such as sexual relationships and other high risk behaviors**
- **Learn to strategize to show unconditional and personalized love to children**
- **Understand how to be a stable authority figure in the home**
- **Learn how to establish clear boundaries, clear consequences, and consistently enforce discipline**
- **Learn how to help children develop an internal "moral compass" so that they will be able to stand against the pressure of today's society**
- **Explore parents' unhealthy family of origin, patterns of behavior, and understanding the need to have a way to start changing these in their own parenting style**