



**Parent Encouragement Program**  
 301-929-8824  
 10100 Connecticut Avenue  
 Kensington, MD 20895

Non-Profit Org.  
 U.S. Postage  
 PAID  
 Silver Spring, MD  
 Permit No. 6418

# happening soon in June!

- Tues 6/17: How Our Kids Are Using the Internet in 2008
  - Wed 6/18: Planning for Safe Teen Driving
  - Tues 6/24: Raising "I Can" Kids
  - Tues 6/24: From Power Struggles to Cooperation
- starts Mon 6/30: PEP I - Becoming a More Encouraging Parent

## plus 22 more PEP classes & Hot Topics in July & August



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301.929.8824  
[www.PEPparent.org](http://www.PEPparent.org)



# pep classes

# parenting

for Parents of Babies through Teens

## Summer 2008 Schedule

**PEP CALENDAR AND COURSE GUIDE**

DATE	CLASSES & HOT TOPICS	FOR PARENTS OF CHILDREN AGES				FOR YOUTH	LOCATION			PAGE
		0-4	4-12	9-14	13-18		K	NP	NoV	
Tu 6/17	Kids & the Internet in '08			●	●		●			6
Wd 6/18	Safe Teen Driving				●	●	●			7
Tu 6/24	Raising "I Can" Kids	●	●	●	●		●			8
Tu 6/24	Power Struggles		●						●	4
M & Th 6/30-7/24	PEP I		●				●			3
Tu 7/1	Positive Time Out, etc	●					●			2
Tu 7/8	Anger Management	●	●	●	●			●		8
Wd 7/9	Eating, Sleeping, Toileting	●					●			3
Wd 7/9	Raising Teens Today				●		●			7
Th 7/10	Setting Limits with Extra Challenging Kids	●	●	●			●			4
Mon 7/14-8/4	Super Sitters Class & Lab					●	●			9
Mn 7/14	Raising "I Can" Kids	●	●	●	●				●	8
Tu 7/15	Kids Sports: Cooperation and Competition		●				●			4
Wd 7/16	Children with Medical Issues		●				●			5
Tu 7/22	Surviving Stepparenting	●	●	●	●		●			8
Tu 7/22	Motivating Children		●	●	●		●			5
Wd 7/23	Allowances		●	●	●		●			5
M & Th 7/28-8/21	Parenting Preschoolers I	●					●			2
Tu 7/29	Sibling Rivalry & Fighting	●	●	●			●			4
Wd 7/30	Backtalk		●	●	●		●			5
Th 7/31	Anxious, Depressed Kids	●	●	●	●		●			8
Tu 8/5	Power Struggles		●					●		4
Wd 8/6	Consequences: Discipline without Punishment		●	●			●			6
Th 8/7	Instill Your Family's Values		●	●			●			6
Mon 8/11	Anger Management	●	●	●	●		●			8
Tu 8/19	Transitioning From High School to College or Work				●					7
Wd 8/20	Safe Teen Driving				●	●	●			7

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**registration form**

**SUMMER '08**

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

#	DATE	CLASS/HOT TOPIC	LOCATION	NAME(S)	AMOUNT
101	6/30-7/24	PEP I	Kensington		\$
410	7/28-8/21	Preschoolers I	Kensington		\$
501	7/14-8/4	Super Sitters Class	Kensington		\$
		plus select ONE Lab Date:	<input type="checkbox"/> 7/18 <input type="checkbox"/> 7/25 <input type="checkbox"/> 7/26		
01	6/17	Kids On the Internet in '08	Kensington		\$
02	6/18	Safe Teen Driving	Kensington		\$
03	6/24	Raising "I Can" Kids	Kensington		\$
04	6/24	Power Struggles	Oakton, VA		\$
05	7/1	Positive Time Out	Kensington		\$
06	7/8	Anger Management	No Potomac, MD		\$
07	7/9	Eating, Sleeping, Toileting	Kensington		\$
08	7/9	Raising Teens Today	Kensington		\$
09	7/10	Extra Challenging Kids	Kensington		\$
10	7/14	Raising "I Can" Kids	McLean, VA		\$
11	7/15	Kids Sports: Coop/Compete	Kensington		\$
12	7/16	Kids with Medical Issues	Kensington		\$
13	7/22	Stepparenting	Kensington		\$
14	7/22	Motivating Children	Kensington		\$
15	7/23	Allowances	Kensington		\$
16	7/29	Sibling Rivalry & Fighting	Kensington		\$
17	7/30	Backtalk	Kensington		\$
18	7/31	Anxious, Depressed Kids	Kensington		\$
19	8/5	Power Struggles	No Potomac, MD		\$
20	8/6	Consequences: Discipline	Kensington		\$
21	8/7	Instilling Family Values	Kensington		\$
22	8/11	Anger Management	Kensington		\$
23	8/19	Transition from High School	Kensington		\$
24	8/20	Safe Teen Driving	Kensington		\$
MEMBERSHIP <input type="checkbox"/> \$50/year for Family or <input type="checkbox"/> \$75/year for Professional					\$
Check your mailing label on the back cover to see if you're a current member.					
<b>TOTAL</b>					<b>\$</b>

**PAYMENT INFORMATION**

Check: Payable to PEP  
 Credit Card: Discover/Mastercard/Visa Exp. \_\_\_/\_\_\_  
 # \_\_\_\_\_  
 Signature \_\_\_\_\_

**PLEASE MAIL OR FAX TO PEP**

10100 Connecticut Ave fax: 301-929-8834  
 Kensington, MD 20895 phone: 301-929-8824

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## FOR YOUTH

### Super Sitters Class and Lab

**For young people ages 10 and up.** Prospective sitters learn the skills necessary for being super sitters, including preventing and handling emergencies, winning the kids' cooperation, communicating with the parents, and more.

*NOTE: The law requires a sitter to be at least age 13. Ages 10-12 can be parents' helpers.*

**Mondays** Kensington 6:30-9:00 pm # 501 4 weeks **7/14-8/4**

**Lab: In addition to the class, students choose ONE lab date.**

Sitters are encouraged to practice their new skills one evening in a learning lab where they will be sitting for young children under the supervision of the instructor. Pre-register. Available on first come, first served basis.

**LAB OPTIONS:** Kensington 6:30-9:00 pm **Fri 7/18, Fri 7/25, or Sat 7/26**

Course fee: for four classes plus one lab  
\$85/person • PEP Members: \$77/person

Text: *The What to Expect Babysitter's Handbook* by H. Murkoff  
\$13.73 • PEP Members: \$12.36

Presenter: Kate Campion

### Planning for Safe Teen Driving

see page 7

## POLICIES

### PRE-REGISTRATION

**Pre-registration with full payment in advance** is required.

Enrollment is limited; register early.

### CANCELLATION

PEP reserves the right to cancel any program with fewer than ten participants. Registration fees will be refunded if we cancel.

### TUITION REFUNDS

If you cancel your registration at least two business days in advance of the program, you will receive a refund minus a \$10 per person administrative fee for classes and a \$5 per person fee for hot topics (1 session). There will be no other refunds.

### SCHOLARSHIPS & PAYMENT PLANS

Call the PEP office for special arrangements and scholarship information.

## PEP MEMBERSHIP

family membership: \$50/year  
professional membership: \$75/year

Not sure if you're a current member? Check your mailing label on the cover.

**PLEASE JOIN TODAY!** You can even send in your membership dues when you sign up for a class or hot topic.

## COURSE LOCATIONS

### MARYLAND

#### Kensington (KN)

Parent Encouragement Program (PEP)  
10100 Connecticut Avenue

#### North Potomac (NP)

Monart Drawing Studio  
The Shops at Potomac Valley  
12116 Darnestown Road - Suite L-4

### VIRGINIA

#### Oakton (NoV)

Unitarian Universalist Congregation  
of Fairfax  
2709 Hunter Mill Rd

#### McLean (NoV)

St Luke Orthodox Church  
6801 Georgetown Pike

For maps and directions to PEP course locations, please go to PEP's website:

[www.PEPparent.org](http://www.PEPparent.org)

## FOR PARENTS OF YOUNG CHILDREN

See also classes FOR ALL PARENTS

### PEP Parenting Preschoolers I

**For parents of children ages 2½-5.** This class will help you establish healthy relationship patterns with your child throughout the preschool years. Topics covered include:

- Ways to encourage your child with words and actions
- Tools for responding respectfully to problem behaviors
- Ways to set limits in a friendly and consistent manner
- How to promote cooperation and responsibility
- The use of emotion coaching to help your child cope with strong feelings

**Mondays & Thursdays** Kensington 7:30-9:30 pm # 420 **7/28-8/21**

Course fee: \$182/person, \$337/couple • Members: \$161/person, \$305/couple

Text: *Positive Discipline for Preschoolers (3rd edition)*  
by Nelsen, Erwin & Duffy \$17.97 • PEP Members: \$16.18

Presenter: Patti Cancellier

### Positive Time Out & Other Strategies

**For parents of children ages 2-4.** When children have a time and place to calm down, they can self-soothe, change their behavior, problem solve, and develop positive feelings about themselves. Learn how to take the 'sting' and ineffectiveness out of time outs and when—and when not—to use them.

**Tuesday** Kensington 7:30-9:30 pm # 05 1 evening **7/1**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Presenters: Pascale Brady & Robyn Des Roches

## YOUNG CHILDREN

### The Terrible Trio: Eating, Sleeping and Toilet Training Issues

**For parents of children ages 0-4.** My toddler won't eat anything. My preschooler won't go to bed at night or get going in the morning. When will my child be toilet trained? Sound familiar? This workshop introduces a toolbox of positive parenting techniques to meet common challenges of early childhood and to lay the foundation for raising responsible, cooperative and confident children.

**Wednesday** Kensington 7:30-9:30 pm # 07 1 evening **7/9**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Presenters: Elizabeth Gelfeld and Chrisy Jelen

### Setting Limits with Extra Challenging Children

see page 4

### Defusing Sibling Rivalry & Fighting

see page 4

## FOR PARENTS OF ELEMENTARY & MIDDLE SCHOOL CHILDREN

See also classes FOR ALL PARENTS

### PEP I: Becoming a More Encouraging Parent

**For parents of children ages 4-12.** Learn practical skills and gain insights into how to use positive, encouraging methods with your children to gain cooperation, foster respect and responsibility, and bring out the best in each child. PEP I teaches:

- Ways to respond effectively when your child misbehaves
- Ways to use consequences and why they work better than punishment
- How to set and uphold limits while remaining firm and friendly
- Effective communication skills—both listening and speaking
- Training your child in life skills for adulthood

The compressed summertime version offers the same eight sessions in only four weeks, but meeting twice a week.

**Mondays & Thursdays** Kensington 7:30-9:30 pm # 101 **6/30-7/24**

*Note: a make-up session will be offered to anyone who cannot attend on 7/3*

Course fee: \$225/person, \$417/couple • Members: \$198/person, \$385/couple

Presenter: Patti Cancellier

Text: *Children the Challenge* by R Dreikurs \$16.96 • Members: \$15.27

JUNE DATE

## FOR ALL PARENTS

### Raising "I Can" Kids

**For all parents.** A child's "I Can Quotient" is a more important indicator of being able to thrive in life than the traditional IQ. Learn strategies to increase your child's sense of feeling connected, capable, competent and courageous.

**Tuesday** Kensington 7:30-9:30 pm # 03 1 evening **6/24**  
**Monday** McLean, VA 7:30-9:30 pm # 10 1 evening **7/14**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Presenters: 6/24: Wendie Lubic & Julia Loeb  
7/14: Elizabeth Gelfeld

JUNE DATE

### Anger Management

**For all parents.** Everyone feels angry sometimes. As parents it's how we handle our anger that can make the difference between a peaceful, respectful home or a home in turmoil. Learn some constructive techniques to change what you think, say and do—to improve communication and build stronger relationships.

**Tuesday** No. Potomac 7:30-9:30 pm # 06 1 evening **7/8**  
**Monday** Kensington 7:30-9:30 pm # 22 1 evening **8/11**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Presenters: 7/8: Pascale Brady & Michelle Fannon  
8/11: Michelle Fannon & Linda Keely

### Surviving Stepparenting

**For all stepparents.** The Brady Bunch made it look so easy, but being a stepparent is one of the most challenging jobs a person can take on. Come and discuss issues with other stepparents or prospective stepparents and learn the secrets to juggling marriage, work, "yours, mine and ours," ex-spouses and more.

**Tuesday** Kensington 7:30-9:30 pm # 13 1 evening **7/22**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Presenter: Wendie Lubic

### Helping Discouraged, Anxious or Depressed Kids

**For all parents.** It's puzzling why some children seem to be more easily discouraged, often irritable or anxious, or perhaps with a tendency towards depression. Join family therapist Emory Luce Baldwin to learn how to help your more vulnerable child develop greater resiliency, optimism, and courage.

**Thursday** Kensington 7:30-9:30 pm # 18 1 evening **7/31**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Presenter: Emory Luce Baldwin, LCMFT

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## TEENS

### Planning for Safe Teen Driving

**For parents with or without their teens, ages 14 and up.** Families can work together to substantially reduce the risks of crashes in the first years of teen driving. Learn about the problems experienced by novice teen drivers in our area and proven strategies for teens and parents to safely navigate this critical stage. Parents can attend alone or with their teen. National Safety Council book included.

**Wednesday** Kensington 7:30-9:30 pm # 02 1 evening **6/18**  
**Wednesday** Kensington 7:30-9:30 pm # 24 1 evening **8/20**

**JUNE DATE**

Hot Topic fee: \$30/person, \$55/couple, \$15/teen  
 Members: \$25/person, \$45/couple, \$10/teen  
 Presenter: Cheryl Wieker

### "Like Whatever": Raising Teens Today

**For parents of teens.** Parenting teens in Washington can be an emotional roller coaster ride for the entire family. Come learn techniques for not just surviving the ride but enjoying it. Learn ways to effectively parent your child during this last stage of childhood.

**Wednesday** Kensington 7:30-9:30 pm # 08 1 evening **7/9**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple  
 Presenter: Barbara Strom Thompson is an Author and Child Development Specialist in private practice in Chevy Chase, MD. PEP's summer camp founder, she works with parents and teachers on family life issues.

### Preparing to Launch: Smoothing the Transition for You and Your Teen from High School to College or Fulltime Work

**For parents of high school juniors and seniors.** Parents of high school juniors and seniors face special parenting issues—the college application process or preparation for full time work; coping with the emotional ups and downs of teens looking forward to and fearing independence; and the impending "empty or less full nest." Come learn about the special issues from a PEP leader who has gone through it herself.

**Tuesday** Kensington 7:30-9:30 pm # 23 1 evening **8/19**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple  
 Presenter: Wendie Lubic

**Motivating Children to Do Their Best** see page 5

**Allowances** see page 5

**Backtalk** see page 5

## ELEMENTARY AND MIDDLE SCHOOL CHILDREN

### Defusing Sibling Rivalry & Fighting

**For parents of children ages 1-14.** As parents we worry that our children will never be able to get along because we hear so much sibling complaining, arguing and fighting. Learn strategies to decrease competition among siblings and more positive ways for parents to interact with their children.

**Tuesday** Kensington 7:30-9:30 pm # 16 1 evening **7/29**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple  
 Presenter: Sarah Skolnik

### Setting Limits With Extra Challenging Children

**For parents of children ages 3-14.** Learn how to set and uphold firm and respectful limits, maintain your calm without giving in, and work out agreements to help your child learn more appropriate behaviors. Extra-challenging children include those who are oppositional, distractible, inattentive, or have sensory or learning issues.

**Thursday** Kensington 7:00-10:00 pm # 09 1 evening **7/10**

Hot Topic fee: \$45/person, \$85/couple • Members: \$40/person, \$75/couple  
 Presenter: Sue Clark

### From Power Struggles to Cooperation

**For parents of children ages 4-12.** When you and your child engage in power struggles no one wins. Even if you've forced your child to comply, you often feel defeated. Learn why children engage in power struggles, what you can do to sidestep them, and how to replace fighting with cooperation.

**Tuesday** Oakton, VA 7:30-9:30 pm # 04 1 evening **6/24**  
**Tuesday** No. Potomac, MD 7:30-9:30 pm # 19 1 evening **8/5**

Hot Topic fee: \$30/person, \$55/couple •  
 Members: \$25/person, \$45/couple

Presenters: 6/24: Robin Finnell & Elaine Robinson  
 8/5: Sarah Skolnik & Robbye Fox

**JUNE DATE**

### Playing for Keeps: Cooperation and Competition in Kids Sports

**For parents of children ages 4-10.** Getting your children involved in sports in the DC metro area is fairly easy; keeping your perspective and making it fun for them can be difficult in our sometimes overly competitive society. Come learn various strategies for maintaining a balance using positive discipline skills.

**Tuesday** Kensington 7:30-9:30 pm # 11 1 evening **7/15**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple  
 Presenter: Lisa Kaeser

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## ELEMENTARY AND MIDDLE SCHOOL CHILDREN

### Parenting Children with Medical Issues

**For parents of children ages 4-12.** Parenting children with health problems adds an extra layer of stress to families. Come learn how to apply positive discipline techniques to improve your child's and your family's coping skills. Parents of children with asthma, diabetes, food allergies, chronic illnesses, and other serious conditions or disabilities are welcome.

**Wednesday** Kensington 7:30-9:30 pm # 12 1 evening **7/16**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Presenters: Pascale Brady & Sue Clark

### Motivating Children to Do Their Best

**For parents of children ages 4-18.** It can be frustrating, and even troubling, when kids seem to settle for "less than their best" performance in school, sports, or even hobbies. Maybe you've tried words (lectures, nagging), rewards or even punishments, but the harder you try, the less interest your child shows. Join family therapist Emory Luce Baldwin to learn what research has found out about how to encourage children's motivation...and how to avoid the typical parenting mistakes that discourage motivation.

**Tuesday** Kensington 7:30-9:30 pm # 14 1 evening **7/22**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Presenter: Emory Luce Baldwin, LCMFT

### Allowances: Early Lessons in Money Management

**For parents of children ages 5-18.** Allowances are an effective vehicle for helping children develop their money management skills and general financial savvy. They also help reduce power struggles. Learn when to start an allowance, how to incorporate responsibilities into the allowance and how to get kids involved in saving and giving.

**Wednesday** Kensington 7:30-9:30 pm # 15 1 evening **7/23**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Presenters: Leah Nichaman & Julia Loeb

### Backtalk: How Dare You Speak to Me That Way!

**For parents of children ages 5-18.** Does your child speak to you in a disrespectful manner? Are you getting used to backtalk because you hear it so often? Learn why children engage in disrespectful talk, as well as strategies for reducing backtalk and building stronger relationships.

**Wednesday** Kensington 7:00-10:00 pm # 17 1 evening **7/30**

Hot Topic fee: \$45/person, \$85/couple • Members: \$40/person, \$75/couple

Presenters: Marlene Goldstein & Lynne Marks

## ELEMENTARY AND MIDDLE SCHOOL CHILDREN

### The Truth About Consequences: Effective Discipline without Punishment

**For parents of children ages 4-14.** When children misbehave, parents often resort to punishment or rewards to motivate better behavior. Learn how to use natural and logical consequences instead, for a more cooperative and respectful home life.

**Wednesday** Kensington 7:30-9:30 pm # 20 1 evening **8/6**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Presenters: Wendie Lubic & Julia Loeb

### Instilling Your Family Values in Today's Consumer Culture

**For parents of children ages 5-15.** How can parents be heard over all the media messages bombarding kids? How can parents rise above children's peer pressure to instill their personal family values? Come learn how to avoid overindulgence and raise responsible, respectful children.

**Thursday** Kensington 7:30-9:30 pm # 21 1 evening **8/7**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Presenter: Tory Joseph

### How Our Kids are Using the Internet in 2008

see below

## FOR PARENTS OF TEENS

### How Our Kids are Using the Internet in 2008

**For parents of children ages 11-17.** If you find yourself saying, "I had no idea my child was doing, saying, or encountering that on the computer!" this is a workshop you don't want to miss. Your children are living in a world quite different from the one you grew up in. Learn how to make connections and keep them safe. Topics covered will include Instant Messaging (IM), MySpace, Facebook and Online Gaming.

**Tuesday** Kensington 7:30-9:30 pm # 01 1 evening **6/17**

Hot Topic fee: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Presenter: Alecia Berman-Dry is a technology coordinator and teacher at St. John's Episcopal School. She is a certified i-Safe Web Safety trainer, a Fulbright Memorial Fund Scholar and serves on the Association of Independent Maryland Schools (AIMS) Academic Advisory Committee.

JUNE  
DATE