

pep classes

parenting

for Parents of Infants Through Teens

Summer 2010 Schedule



"I have never felt more competent and encouraged as a parent. My relationship with my son is closer than it's ever been. Thank you so much PEP, this has been a life changing experience."
--- a parent in a PEP Preschoolers class



Parent Encouragement Program
10100 Connecticut Avenue
Kensington, MD 20895

301-929-8824
www.PEPparent.org

PEP SUMMER PARENTING CLASSES

PEP I: Becoming a More Encouraging Parent

For parents of children ages 5-12.

Learn practical skills and gain insights into how to use positive, encouraging methods with your children to gain cooperation, foster respect and responsibility, set and uphold limits, and bring out the best in each child. This class meets twice a week for 4 weeks.

Leaders: Elizabeth Gelfeld & Alex Horowitz

fee: \$225/adult, \$417/couple (PEP Members: \$198/adult, \$385/couple)

Tuesdays & Thursdays, June 29-July 22

7:30-9:30 pm

Kensington, MD (see childcare info on pg 4)

101

text: *Children the Challenge*, by R. Dreikurs, \$16.96 (PEP Members: \$15.27)

PEP SUMMER YOUTH CLASS

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.

Leader: Kate Campion

FEE for 3-week class & 1 lab: \$85/person (PEP Members: \$77/person)

CLASS: Tuesdays, July 13-July 27

6:30-9:00 pm

Kensington, MD

503

LAB: 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.

choose ONE of: Fri. 7/16 (#504), Sat 7/17 (#505), or Sat 7/24 (#506)

6:30-9:00 pm

TEXT: *The What to Expect Baby Sitter's Handbook* by H. Murkoff

\$13.73 • PEP Members: \$12.36

COURSE LOCATIONS

McLean, VA
to be announced

Kensington, MD 20895

Parent Encouragement Program (PEP)
10100 Connecticut Avenue

Washington, DC 20007

Temple Micah
2829 Wisconsin Ave, NW



summer parenting workshops

Managing Anger: A Parent's Guide

Three-part class for all parents.

Why do we lose our tempers over some issues and not others? Can we really control our anger? If so, how? Learn the answers to these questions and ways to change what you think, say, and do to express your concerns in more positive, effective ways. The class will also cover ways to help our children learn coping strategies and techniques.

fee: \$81/adult, \$139/couple (Members: \$70/adult, \$129/couple)

Thursdays, July 22-August 5 7:30-9:30 pm
Kensington, MD # 501

Presenter: Linda Keely

Thursdays, August 5-August 19 7:30-9:30 pm
Washington, DC # 502

Presenters: Paige Trevor & Kerry Mayorga

Why Kids Misbehave & What To Do About It

For parents of children ages 4-14 who have never taken Parenting Preschoolers, PEP I or PEP Teens.

Learn firm and friendly ways to handle unwanted behaviors without nagging, threatening and yelling. *Presenters:* Pascale Brady & Amy Stern.

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Tuesday, June 29 7:30-9:30 pm
Kensington, MD (see childcare info pg 4) # 01

Challenging Behaviors in Toddlers & Preschoolers

For parents of children ages 1½-5.

Unsure what to do about tantrums, hitting, or lack of cooperation? Are mornings and bedtime particularly difficult? This workshop will discuss how to handle these types of tough behaviors while still being respectful to your child and yourself. *Presenter:* Chrisy Jelen

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Wednesday, June 30 7:30-9:30 pm
Kensington, MD # 02

Raising Responsible Children

For parents of children ages 4-12.

You can't *make* a child be responsible, but you can provide plenty of opportunities for the child to *learn* how to be responsible. Discover new ways to encourage responsible behavior in children and to lay the groundwork for successful adulthood.

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Wednesday, June 30 7:00-9:00 pm
McLean, VA # 03

Presenter: Elaine Robinson

Tuesday, August 17 7:30-9:30 pm
Kensington, MD # 18

Presenters: Stephanie Brown & Sima Bakalian

Stop the Yelling, Start the Cooperation

For all parents.

Children become deaf to our requests and we raise our voices to get a response. They start yelling back at us and each other. Break the cycle, motivate cooperation, and create a more harmonious—and quiet—household. *Presenter:* Pascale Brady

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Tuesday, July 6 7:30-9:30 pm
Kensington, MD (see childcare info pg 4) # 04

Teens & Screens: What's Appropriate & How to Set Respectful Limits

For parents of teens.

Does your teen's cell phone serve as a fifth appendage? Does it feel impossible to get your teen away from the computer? Find out the potential impact of electronic use and how you can help your teen keep electronics in balance. *Presenters:* Wendie Lubic & Robbye Fox

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Wednesday, July 7 7:30-9:30 pm
Kensington, MD # 05

Defusing Sibling Rivalry & Fighting

For parents of children ages 1-14.

Are you hearing too much sibling complaining, arguing and fighting? Learn strategies to decrease competition among siblings and also more positive ways for parents to interact with children.

Presenters: Pascale Brady & Lisa DiSciullo

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Thursday, July 8 7:30-9:30 pm
Kensington, MD (see childcare info pg 4) # 06

Positive Parenting After Separation or Divorce

For all separated or divorced parents.

Learn how to raise capable, responsible children in families where parents have separated or divorced and how to use positive parenting strategies to nurture respect, harmony and cooperation.

Presenter: Wendie Lubic

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Wednesday, July 14 7:30-9:30 pm
Kensington, MD # 07

Putting an End to Whining

For parents of children ages 2-12.

Whining is a powerful form of communication for children--it usually gets them what they want. Learn how to foster better, more respectful ways to communicate. *Presenter:* Linda Keely

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Saturday, July 17 1:00-3:00 pm
Kensington, MD # 08

Backtalk: How Dare You Speak to Me That Way!

For parents of children ages 5-18.

Learn why children engage in disrespectful talk as well as strategies to reduce backtalk and build stronger relationships. *Presenters:* Marlene Goldstein & Lynne Marks

fee: \$45/adult, \$85/couple (Members: \$40/adult, \$75/couple)

Tuesday, July 20 7:00-10:00 pm
Kensington, MD # 09



summer parenting workshops

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. *Presenters:* Tory Joseph & Lisa DiSciullo

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Wednesday, July 21 7:30-9:30 pm
Kensington, MD # 10

Raising "I Can" Kids

For all parents.

A kid'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. *Presenters:* Chrissy Jelen & Marjie Thompson-Longshore

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Thursday, July 22 7:30-9:30 pm
Washington, DC # 11

Thursday, July 29 7:30-9:30 pm
Kensington, MD # 13

Taming the Electronic Beasts

For parents of children ages 5-12.

Feel like your children's lives are revolving around the TV, cell phone, computer & video console? Wonder what's healthy and what's not when it comes to electronic media usage? Learn not only how to set respectful limits for your children's media usage but also how to use today's "electronic beasts" to increase your family's connections. *Presenter:* Robbye Fox

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Wednesday, July 28 7:30-9:30 pm
Kensington, MD # 12

Motivating Children to Do Their Best

For parents of children ages 4-18.

It can be frustrating, even troubling, when children settle for less than their best performance—despite nagging, lecturing, rewards and even punishments. Learn how to encourage children's motivation and avoid typical mistakes that discourage. *Presenter:* Wendie Lubic

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Tuesday, August 3 7:30-9:30 pm
Kensington, MD # 14

Raising a Responsible Only Child

For all parents with one child.

Families with one child have special opportunities—and challenges. Learn how to apply positive discipline techniques to encourage cooperation, responsibility, and age-appropriate social skills in your child. *Presenter:* Sue Clark

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Wednesday, August 4 7:30-9:30 pm
Kensington, MD # 15

Setting Limits with Extra Challenging Children

For parents of children ages 4-12.

Learn how to set and uphold firm and respectful limits, maintain your calm, and work out agreements to help your child learn more appropriate behaviors. Extra-challenging children include those who are oppositional, distractable, inattentive, or have sensory or learning issues. *Presenter:* Sue Clark

fee: \$45/adult, \$85/couple (Members: \$40/adult, \$75/couple)

Wednesday, August 11 7:00-10:00 pm
Kensington, MD # 16

When Parents Disagree on How to Parent

For all parents.

Couples often have different ideas about how to parent their children. One wants to be firm, the other kind. One puts a priority on responsibilities, the other on academics. Learn how to work together for what is best for your children when you can't even agree on what that is. *Presenter:* Barbara Fairfield

fee: \$45/adult, \$85/couple (Members: \$40/adult, \$75/couple)

Thursday, August 12 7:00-10:00 pm
Kensington, MD # 17

Raising Responsible Children

See write-up for course # 03

Tuesday, August 17 7:30-9:30 pm
Kensington, MD # 18

Power Tools for Power Struggles

For parents of teens.

The teen years can be some of the most challenging for parents. With a little preparation and forethought parents can learn to better avoid and sidestep power struggles, and spend more time enjoying their teens. *Presenter:* Wendie Lubic & Lisa DiSciullo

fee: \$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Wednesday, August 18 7:30-9:30 pm
Kensington, MD # 19

Planning for Safe Teen Driving

For parents with or without their teens, ages 14 & 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 drivers and proven strategies for parents and teens to safely navigate this critical stage. *Presenter:* Cheryl Wieker

fee: \$30/adult, \$55/couple, \$15/teen
(Members: \$25/adult, \$45/couple, \$10/teen)

Thursday, August 26 7:30-9:30 pm
Kensington, MD # 20

Parent Encouragement Program

POLICIES

PRE-REGISTRATION

Pre-registration with full payment in advance is required. Enrollment is limited; register early.

TUITION REFUNDS

If you cancel your registration at least 48 hours in advance of the start of the program, you will receive a refund minus a \$10 per person administrative fee for classes (2-8 sessions) and a \$5 per person fee for workshops (1 session). There will be no other refunds.

CHILDCARE

Available only for events indicated in the schedule. See inside for more information.

SCHOLARSHIPS & PAYMENT PLANS

Call the PEP office for special payment arrangements and scholarship information.

CANCELLATION

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

MEMBERSHIP INFO

PEP offers family and professional memberships that provide discounts on classes, workshops, and books, as well as access to members-only programs. Professional members are included in PEP's Resource Listings.

ANNUAL DUES: Family Membership \$50
Professional Membership \$75

CHILDCARE

Childcare may be available at the PEP office only for those classes and workshops which mention childcare. It is subject to availability of qualified sitters. In the event a sitter is not available or the minimum enrollment is not reached, all fees will be refunded.

Childcare fills up quickly so register early.

You must register at least one week in advance, with full payment. Please include children's names and ages with your registration.

All childcare fees are based on \$12 a session for the first child in a family and \$8 a session for each additional child in the same family.

The fees for one-evening workshop childcare are:
\$12 for the first child in a family
\$8 for each additional child in the same family

Childcare for PEP I is available for 7 of the 8 classes.

July 13 will not be available.

\$84 for the first child

\$56 for each additional child from the same family.

registration form summer 2010

Name(s) _____

Address _____

Phone _____ E-mail _____

#	*child-care	DATE	CLASS	LOCATION	NAME(S)	AMOUNT
101*		6/29-7/22	PEP I	Kensington		\$
501		7/22-8/5	Managing Anger (MD)	Kensington		\$
502		8/5-8/19	Managing Anger (DC)	DC		\$
503		7/13-7/27	Super Sitters Class for Youth	Kensington		
plus select ONE Lab Date: # 504 <input type="checkbox"/> 7/16 # 505 <input type="checkbox"/> 7/17 # 506 <input type="checkbox"/> 7/24						
01*		6/29	Why Kids Misbehave	Kensington		\$
02		6/30	Toddlers & Preschoolers	Kensington		\$
03		6/30	Raising Responsible Children	McLean, VA		\$
04*		7/6	From Yelling to Cooperation	Kensington		\$
05		7/7	Teens & Screens	Kensington		\$
06*		7/8	Defusing Sibling Conflicts	Kensington		\$
07		7/14	After Separation or Divorce	Kensington		\$
08		7/17	Ending Whining	Kensington		\$
09		7/20	Backtalk	Kensington		\$
10		7/21	Consequences	Kensington		\$
11		7/22	Raising "I Can" Kids	DC		\$
12		7/28	Taming the Electronic Beast	Kensington		\$
13		7/29	Raising "I Can" Kids	Kensington		\$
14		8/3	Motivating Children	Kensington		\$
15		8/4	Raising an Only Child	Kensington		\$
16		8/11	Extra Challenging Children	Kensington		\$
17		8/12	When Parents Disagree	Kensington		\$
18		8/17	Raising Responsible Children	Kensington		\$
19		8/18	Power Struggles	Kensington		\$
20		8/26	Planning for Safe Teen Driving	Kensington		\$
PEP MEMBERSHIP <input type="checkbox"/> \$50/year for Family or <input type="checkbox"/> \$75/year for Professional						\$

*CHILDCARE: dates: _____
(may be available only when listed in the schedule) names/ages: _____ \$

TOTAL _____ \$

PAYMENT INFORMATION

Check: Payable to PEP
 Credit Card: Discover/Mastercard/Visa Exp. ___/___
 # _____
 Signature _____

Please mail or fax registration to **PEP** (fax) 301-929-8834



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Kensington, MD 20895

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