

pep parenting classes

for Parents of Infants Through Teens

Summer 2009 Schedule



SAVE THE DATES!

Alyson Schafer
parenting expert, psychotherapist
& best selling author

Honey, I Wrecked the Kids **Power Struggles**
Wed. Oct. 28, 2009 Thurs. Oct. 29, 2009
7:30-9:30 pm 9:30-11:30 am



Parent Encouragement Program
10100 Connecticut Avenue 301-929-8824
Kensington, MD 20895 www.PEPparent.org

SUMMER 2009 COURSE LOCATIONS

Kensington, MD 20895
Parent Encouragement Program (PEP)
10100 Connecticut Avenue

Washington, DC 20012
The Washington Ethical Society
7750 16th St, NW

No. Potomac, MD 20878
Monart Drawing Studio
Shops at Potomac Valley, # L-4
12116 Darnestown Rd

www.mdmonart.com
monart

PEP SUMMER PARENTING CLASSES

Parenting Preschoolers A

For parents of children ages 2½-5. Learn to establish healthy relationship patterns with your child throughout the preschool years, including how to set firm and friendly limits, respond to behavior problems, and promote cooperation and responsibility. Leaders: Robyn Des Roches & Marjie Thompson-Longshore (Childcare may be available. See inside for details)

Class meets twice a week for 4 weeks. Note dates carefully.

Tues, 6/30; Thurs, 7/2 **Mon, 7/13; Thurs 7/16**
Mon, 7/6; Thurs, 7/9 **Mon, 7/20; Thurs, 7/23**

411 Kensington, MD **7:30-9:30 pm**

\$197/adult, \$352/couple (PEP Members: \$176/adult, \$320/couple)

Text: *Positive Discipline for Preschoolers* by Nelson, Erwin & Duffy
\$17.97 • PEP Members: \$16.18

Managing Anger: A Parent's Guide

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 cover ways to help our children learn coping strategies and techniques. Leaders: Michelle Fannon & Tory Joseph (Childcare may be available. See inside for details)

505 Kensington, MD **Mondays 8/3-8/17** **7:30-9:30 pm**

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

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.* Leaders: Kate Campion & Carrie Gluck

501 Kensington, MD **Tuesdays 7/14 - 7/28** **6:30-9:00 pm**

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: Sat. 7/18, Fri 7/24, or Sat 7/25 6:30 - 9:00 pm

Fee for class and lab: \$85/person (PEP Members: \$77/person)

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

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

registration form summer 2009

Name(s) _____
Address _____
Phone _____ E-mail _____

#	*child-care	DATE	CLASS	LOCATION	NAME(S)	AMOUNT
411*		6/30-7/23	Parenting Preschoolers A	Kensington		\$
505*		8/3-8/17	Managing Anger	Kensington		\$
501		7/14-7/28	Super Sitters Class for Youth	Kensington		\$
			plus select ONE Lab Date:	<input type="checkbox"/> 7/18 <input type="checkbox"/> 7/24 <input type="checkbox"/> 7/25		\$
01		6/24	Step-Parenting	Kensington		\$
02*		6/25	Redirecting Misbehavior	Kensington		\$
03*		6/30	Backtalk	Kensington		\$
04		7/1	Active Listening	Kensington		\$
05*		7/6	Extra-Challenging Children	Kensington		\$
06		7/7	Sibling Conflicts	No. Potomac		\$
07		7/8	From Yelling to Cooperation	Kensington		\$
08*		7/9	Limits for Young Children	Kensington		\$
09*		7/20	Power Struggles	Kensington		\$
10		7/22	Consequences	Kensington		\$
11*		7/23	Anxious, Depressed Kids	Kensington		\$
12		7/26	Sibling Conflicts	DC		\$
13*		7/27	Why Kids Misbehave	Kensington		\$
14		7/29	Teen Driving	Kensington		\$
15*		7/30	Motivating Children	Kensington		\$
16		8/4	When Life Throws Curveballs	Kensington		\$
17		8/6	When Parents Disagree	Kensington		\$
18		8/11	Raising "I Can" Kids	Kensington		\$
19		8/13	Putting an End to Whining	Kensington		\$
20		8/18	Eating, Sleeping, Toilet Training	Kensington		\$
21		8/18	Sex, Drugs & Alcohol	Kensington		\$
22		8/19	From Yelling to Cooperation	No. Potomac		\$
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 _____

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 two business days in advance 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 page 2 for more information.

SCHOLARSHIPS & PAYMENT PLANS
Call the PEP office for special 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

SPECIAL EVENT FOR PEP MEMBERS:

Saturday, June 27 7:30 pm

PEP members are invited to enjoy free tickets to a Bethesda Big Train Baseball game, part of a College Summer League. Held at the beautiful Shirley Povich Field located in Cabin John Regional Park, this is a wonderful way for families with young children to enjoy baseball. PEP member families can reserve up to 6 tickets each. Only 100 tickets are available! Contact PEP by June 24th. PEP Office: 301-929-8824



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

pep summer parenting workshops

Surviving Stepparenting

For all stepparents. The Brady Bunch made it look so easy, but being a stepparent is one of the most challenging jobs one can take on. Learn the secrets to juggling marriage, work, "yours, mine, and ours," and ex-spouses. Discuss the issues of stepparenting. *Presenter:* Wendie Lubic.

Wednesday, June 24 7:30-9:30 pm
01 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Redirecting Misbehavior

For parents of children ages 1-4. All behavior serves a purpose and, as frustrating as it may be, unwanted behaviors are often developmentally appropriate. Learn firm and friendly ways to redirect the unwanted and encourage positive behaviors. *Presenters:* Lynne Ticknor & Kerry Mayorga. (childcare may be available*)

Thursday, June 25 7:30-9:30 pm
02 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

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 (childcare may be available*)

Tuesday, June 30 7:00-10:00 pm
03 Location: Kensington, MD
\$45/adult, \$85/couple (Members: \$40/adult, \$75/couple)

Active Listening: What Every Parent Should Know

For parents of children ages 5 and up. When we listen reflectively to our children we see the world through their eyes, bond with them and create an atmosphere of trust. In this interactive workshop learn how to open hearts and ears to improve communication and build relationships. *Presenters:* Sheila Feldman & Sherry Maliken

Wednesday, July 1 7:00-9:30 pm
04 Location: Kensington, MD
\$38/adult, \$69/couple (Members: \$32/adult, \$57/couple)

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:* Emory Luce Baldwin, LCMFT (childcare may be available*)

Monday, July 6 7:30-9:30 pm
05 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

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.

Tuesday, July 7 7:30-9:30 pm
06 Location: No. Potomac, MD
Presenters: Sarah Skolnik & Amy Stern

Sunday, July 26 1:00-3:00 pm
12 Location: Washington, DC
Presenter: Linda Keely
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

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, quiet home.

Wednesday, July 8 7:30-9:30 pm
07 Location: Kensington, MD
Presenter: Linda Keely

Wednesday, August 19 7:30-9:30 pm
22 Location: No. Potomac, MD
Presenters: Pascale Brady & Kerry Mayorga
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Setting Limits for Young Children

For parents of children ages 1-4. Setting limits helps young children learn to go to bed on time, pick up after themselves, and get along with others. Limits also provide security, order, and an understanding of the way the world works. Learn techniques to set and uphold limits in a firm and friendly way. *Presenters:* Lynne Ticknor & Kerry Mayorga. (childcare may be available*)

Thursday, July 9 7:30-9:30 pm
08 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

From Power Struggles to Cooperation

For parents of children ages 4-12. No one wins a power struggle. 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. *Presenters:* Sarah Skolnik & Robbye Fox (childcare may be available*)

Monday, July 20 7:30-9:30 pm
09 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

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:* Julia Loeb & Bob Loeb

Wednesday, July 22 7:30-9:30 pm
10 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Helping Discouraged, Anxious, or Depressed Children

For all parents. Some children seem to be more easily discouraged, often irritable or anxious, or have a tendency towards depression. Join family therapist Emory Luce Baldwin to learn how to help your child develop greater resiliency, optimism, and courage. *Presenter:* Emory Luce Baldwin, LCMFT (childcare may be available*)

Thursday, July 23 7:30-9:30 pm
11 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Why Children Misbehave and What to Do About It

For parents of children ages 4-14 who have never taken Parenting Preschoolers, PEP I, or Thriving With Teens. Learn to understand the special "language" of behavior, including why children act up, defy adults, mistreat others, or give up too easily. Learn concrete, practical corrections that lead to effective and encouraging responses. *Presenters:* Wendie Lubic & Carrie Gluck (childcare may be available*)

Monday, July 27 7:30-9:30 pm
13 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

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 drivers and proven strategies for parents and teens to safely navigate this critical stage. *Presenter:* Cheryl Wieker

Wednesday, July 29 7:30-9:30 pm
14 Location: Kensington, MD
\$30/adult, \$55/couple, \$15/teen
(Members: \$25/adult, \$45/couple, \$10/teen)

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 what the research has found about how to encourage children's motivation and avoid typical mistakes that discourage. *Presenter:* Emory Luce Baldwin, LCMFT. (childcare may be available*)

Thursday, July 30 7:30-9:30 pm
15 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

When Life Throws a Curveball: Surviving With Resilience & Humor

For all parents. Learn about the seven resiliencies that will help you survive and thrive when the unexpected or the unwelcome happens. By focusing on the positive, and using Adlerian skills, you can tackle even the hardest situations and help your family move from hardship to opportunity for growth, hope, and strength. *Presenter:* Pascale Brady

Tuesday, August 4 7:30-9:30 pm
16 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

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, LCMFT

Thursday, August 6 7:00-10:00 pm
17 Location: Kensington, MD
\$45/adult, \$85/couple (Members: \$40/adult, \$75/couple)

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. *Presenter:* Chrisy Jelen

Tuesday, August 11 7:30-9:30 pm
18 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

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. *Presenters:* Pascale Brady & Kerry Mayorga

Thursday, August 13 7:30-9:30 pm
19 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

The Terrible Trio: Eating, Sleeping, & Toilet Training Issues

For parents of children ages 0-4. Learn 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. *Presenters:* Chrisy Jelen & Kerry Mayorga

Tuesday, August 18 7:30-9:30 pm
20 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

Sex, Drugs & Alcohol

For parents of children ages 13 and up. Need we say more? Our teens live in a world where the culture and media send the message that boundaries and limits are unimportant. Moreover, technology and today's busy family life make it harder to enforce limits. Come and learn effective ways of dealing with these critical parenting concerns. *Presenters:* Wendie Lubic & Robin Finnell

Tuesday, August 18 7:30-9:30 pm
21 Location: Kensington, MD
\$30/adult, \$55/couple (Members: \$25/adult, \$45/couple)

*CHILDCARE

Subject to the availability of qualified sitters, childcare may be available at the PEP office in Kensington, MD, for those classes and workshops which mention childcare.

Childcare fills up quickly so register early. Register at least one week in advance, with payment, and include children's names and ages.

In the event a sitter is not available or the minimum enrollment is not reached, all fees will be refunded.

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

The fees for Parenting Preschoolers A childcare are:
\$96 for the first child in a family
\$64 for each additional child in the same family

Parent Encouragement Program