

I have added the dates for the "Say Yes to No" Classes. They will be held at the White Earth Child Care Building in the evenings 6:30-8:30pm. A light lunch will be served. Please follow the registration dates as listed in the descriptions. Attend all or one or more! Please share info. with parents and interested staff and community members.

Sincerely,

Sue Heisler

White Earth Child Care

218-983-3285 ext. 1225

Last fall I became a trainer for the "Say Yes to No" a parenting program to raise happy, self-reliant Kids. It is a five session curriculum from the Media Wise Training and is based on the book by David Walsh PH. D., "No, Why All Kids Need to Hear It and Ways Parents Can Say It." The classes will be for informational for teachers, providers, parents, program staff that work with families, and interested community members.

The following is the descriptions of the sessions.

Session 1: Say Yes to No/Getting From Here to There - Monday, March 29th – Register by March 25th at 218-983-3285 ext. 1225

In this session we will learn:

- The importance of self-discipline to children's happiness and success.
- How difficult it is to develop self-discipline in a media culture that doesn't support it.
- How self-discipline relates to children's brain development.

Session 2: Saying No When You Should – Monday, April 12th – Register by April 8th at 218-983-3285 ext. 1225

In this session we will learn:

- How to set limits and consequences.
- The importance of consistency.
- How to avoid Power struggles.

Session 3: Parenting Styles & the Importance of Connecting with Your Kids – Monday, April 26th - Register by April 22nd at 218-983-3285 ext. 1225

In this session we will learn:

- The different styles of parenting.
- The importance of building and maintaining a secure connection with our children.

Session 4: Real Self-Esteem and How to Praise Our Kids – Thursday, May 13th – Register by May 10th at 218-983-3285 ext. 1225

In this session we will learn:

- The difference between real self-esteem and the myths that often distort its meaning
- Rules for helpful praise

Session 5: Encourage Kids – and Prevent Discipline Deficit (DDD) – Monday, May 24th – Register by May 20th at 218-983-3285 ext. 1225

In this session we will learn:

- How to balance limits and consequences with encouragement
- How to reverse Discipline Deficit Disorder (DDD)
- Wrap UP