



boystown.org/new-england

ABOUT BOYS TOWN NEW ENGLAND

Boys Town New England has brought life-changing care to thousands of children and families in Rhode Island and nearby states since opening its doors in 1991. In 2019, Boys Town New England provided direct care to 1,311 children and 594 families.

BAZARSKY CAMPUS

58 Flanagan Rd.
Portsmouth, RI 02871
401-845-2250

PROVIDENCE OFFICE

294 West Exchange St.
Providence, RI 029030
401-214-4960

For more information about how Common Sense Parenting® can help you build and reinforce healthy family relationships, contact Boys Town New England at **401-214-4960**.

Common Sense Parenting®

Common Sense Parenting® (CSP) is a practical, skill-based program that provides easy-to-learn techniques to help you with today's parenting challenges. These classes incorporate proven methods that were researched and developed at Boys Town.

Common Sense Parenting® offers training for parents who want to build on their existing skills or learn new ways of dealing with their children's behaviors. Professional parent trainers teach the course.

CSP classes can help you:

- » Build strong, healthy relationships with your children
- » Correct and change a child's problem behavior
- » Minimize problems that disrupt family life
- » Raise responsible, caring children

You'll learn valuable skills, including how to:

- » Communicate effectively
- » Avoid power struggles
- » Give positive attention
- » Control your emotions
- » Balance discipline with affection
- » Praise your child's good behavior

CSP classes are typically offered as two-hour sessions once a week over multiple weeks, based on the age of your child. Class descriptions can be found on the back.

Saving Children, Healing Families®



Common Sense Parenting® classes

PARENTS OF CHILDREN 5 AND YOUNGER

SEVEN-WEEK CLASS

Sessions include...

- » **How I Grow and Learn** helps you understand child development, set expectations based on your child's development and find different ways to nurture your child.
- » **My First Teachers** helps you teach young children right from wrong, using clear communication and reasonable positive and negative consequences.
- » **Catch Me Being Good** helps you observe and create more opportunities to encourage your children's good behavior through praise, attention and affection.
- » **Teach Me What To Do** helps you learn effective ways to teach young children better habits through practice.
- » **Help Me Do What's Right** shows you how to correct problem behavior without the power struggle.
- » **Help Me Calm Down** teaches you how to correct problem behavior and give children the time and skills needed to calm down.
- » **Putting It All Together** helps you develop a parenting style based on the information you learned in class, including combining the new skills with the positive skills you already had, to improve relationships with your children.

PARENTS OF CHILDREN 6 AND OLDER

SIX-WEEK CLASS

Sessions include...

- » **Parents as Teachers** shows you how to teach children self-discipline.
- » **Effective Praise** helps you encourage the positive behavior your children do and teaches you how to respond enthusiastically and sincerely.
- » **Preventive Teaching** enables you to teach your children what they'll need to know in a future situation and practice using the skill in advance.
- » **Corrective Teaching** responds to children's problem behavior with teaching and practicing acceptable alternatives. You will make a staying calm plan for when you get upset with your children.
- » **Teaching Self-Control** is a skill you use to allow children time to calm down and remain calm in future situations.
- » **Putting It All Together** helps you develop a parenting style based on the information you learned in class, including combining the new skills with the positive skills you already had, to improve relationships with your children.



Call today for more information or to register for a class!

401-214-4960

