

Bal Swan Children's Center has been an integral part of the Broomfield Community for 50 years. Bal Swan's leadership and excellence in the early childhood education field has been recognized by Pyramid Plus in Colorado and Bal Swan is one of four demonstration sites in the state.

What parents have said after taking Confident Parenting classes:

*"It was incredible to know that we weren't alone."*

*"Really, really helpful! We loved all the practical strategies and have seen incredible results!"*

*"It helped for my husband and I to get on the same page."*

Mamie Doud Eisenhower Public Library

3 Community Park Road  
Broomfield Colorado 80020  
Children's Desk 720-887-2315



# Confident Parenting: Preventing Challenging Behaviors 2014/2015

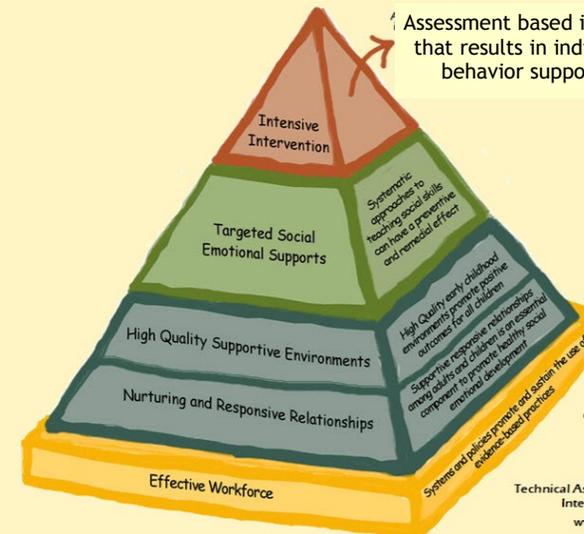


Presented by Bal Swan Children's Center

Confident Parenting workshops designed for busy parents of toddlers & preschoolers. Learn strategies to stop challenging behavior before it starts!  
*See inside for details*

## Pyramid Model

for Promoting **Social Emotional** Competence  
in Infants and Young Children



Center on the Social and Emotional Foundations for Early Learning  
[www.vanderbilt.edu/csefel](http://www.vanderbilt.edu/csefel)

Technical Assistance Center on Social Emotional Intervention for Young Children  
[www.challengingbehavior.org](http://www.challengingbehavior.org)



This five part workshop, once-a-month, series focuses on research-based strategies and practices which help parents to understand and prevent challenging behavior. Each workshop focuses on a tier of the Pyramid Plus Social/Emotional Model.

***Parenting toddlers and preschoolers can be exhausting and overwhelming. It can also be filled with joy and true connection.***

In these workshops, parents will begin to see themselves as their child's first and most influential teachers while understanding what their child needs to be successful and happy. To fully understand the process of preventing challenging behaviors, attending all five workshops will be the most beneficial for your family.

**September 16**

***Language - Use Your Words!***

**October 14**

***Understanding Your Child's Emotions***

**November 18**

***ABCs of Behavior***

**December 16**

***Prevention Toolbox***

**January 13**

***Making a Behavior Plan***

**Tuesdays, 6:30 - 8:30 pm**

**Adults Only, Registration Required @ 720-887-2315**

**You must register for each individual workshop separately.**

**Registration begins on the first of the month for that month's workshop.**

**Held in the Children's Library Story Room**



**September 16 *Language - Use Your Words!***

Do you find yourself repeating demands and directions and getting nowhere? Learn to create positive communication with your young child to prevent problems before they happen. These simple strategies will help parents gain insight into how to connect with their children and create more peace at home.

***Registration begins September 2.***



**October 14 *Understanding Your Child's Emotions***

Prevent challenging behavior by understanding your child's emotions. Learn to recognize, label and understand feelings as this is the basis for children's ability to control their emotions, develop relationships, interact with others and become effective problem solvers. A strong foundation in emotional vocabulary will allow kids to tolerate frustration better, be healthier, be less lonely and impulsive, be more focused and have greater academic achievement. In this workshop, parents will be given the tools and resources to teach these essential skills to their children.

***Registration begins October 1.***



**November 18 *ABCs of Behavior***

Stop challenging behavior before it starts! Challenging behavior can be difficult to understand and deal with. Understanding the meaning of the behavior and what children are trying to tell us is a big help. Learn useful and practical strategies to prevent challenging behavior immediately and build positive relationships with your children. Create more peace at home.

***Registration begins November 1.***



**December 16 *Prevention Toolbox***

Different behaviors, situations & children all call for different strategies to work with behavior. In this class we will create your new tool box of strategies to help prepare you for all situations. When we have a variety of approaches to work with behavior we begin to feel more confident, calm and not afraid that the behavior will occur. "I can handle this" is what you will begin to say because you will know you have the skills to work with the situation. You will leave with a variety of new and practical strategies that you can use at home immediately.

***Registration begins December 1.***



**January 13 *Let's Make a Plan***

It is very challenging to view a behavior differently when you see it every day and you are emotionally invested. This class will break down common behaviors so we can take a step back and see what needs to be done to start eliminating the challenging behavior. Having a plan will build your confidence and help you stay calm when the behavior occurs because you know how you need to react. This class will give you the skills needed to create your own behavior plan for a variety of challenging behaviors.

***Registration begins January 2.***