

peaceful PARENTING ©

*Helping create
more peaceful families*



Parenting is not an easy job. Most parents decide they either want to alter the experience of how their parents treated them or want to parent just as their parent did. However, there are plenty of situations parents face for which they feel unprepared. Without alternatives, most people fall back on the parenting they received for good or ill.

This PEACEFUL PARENTING© program was developed by Dr Nancy Buck, a psychologist who has been teaching parents a process to help them navigate the life-long job of parenting, while maintaining a loving relationship with their child.

Dr Buck has written a book – *Peaceful Parenting* published by Black Forest Press ISBN 1-58275-014-9. She also has a web site www.peacefulparenting.com , which you might like to visit.

Why Peaceful Parenting?

The goal of PEACEFUL PARENTING© is to teach parents how to teach their children the skills necessary to become responsible, loving adults.

This program does not provide a simple list of recipes to use in every situation but rather aims to teach you ideas that you can apply in lots of situations to improve relationships involving conflict, not just in parenting.

The program will explain **Choice Theory**, a new psychology of personal freedom developed by Dr William Glasser. Through understanding this theory, parents can not only understand HOW to parent more effectively, but also understand WHY moving from **external control parenting** to **internal control parenting** is more effective. With the information and support provided, parents can improve their ability to parent peacefully. This results in an improved quality of life for every member of a family.

What will you learn?

- how to teach children to meet their own needs in a responsible way
- how to create a more peaceful home while teaching self discipline
- how to balance needs for freedom and safety
- how to improve your family, your relationships and your world by understanding whose behaviour you can control
- how to navigate through the life-long job of parenting by understanding developmental issues.

Course Outline

The course consists of 6 weekly classes of 1 ½ hours per session

These sessions cover 6 main topics:

1. What's different about Peaceful Parenting?

Introducing a new way of thinking about and understanding behaviour.

2. Our Basic Needs and Quality World – the purpose and motivation for behaviour

3. Our Perceptions and the Comparing Place

4. The 4 parts of Total Behaviour – Organised and Reorganising systems

5. Peaceful Discipline – an alternative to Traditional Disciplining

6. Creating a more Peaceful Home



There is an inherent conflict between a parent and child," Dr. Buck explains. "As parents we have a strong urge to keep our child safe and secure. Because of our own experiences and knowledge of the world as well as our fears, whether justified or not, parents are constantly making choices based on their desire to keep their child safe and secure. However, children, because of their lack of knowledge and experiences and subsequent lack of fears have a strong desire to discover and explore everyone and everything in the world with no regard for his or her safety and security. So our children are constantly pushing toward freedom and exploration, and we are constantly pulling them toward safety and security. This push-pull relationship between parent and child starts at birth and continues throughout childhood, adolescence and early adulthood."

COURSE PRESENTER

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Groups may be limited in size
**GROUP RATES AND SIZES MAY BE NEGOTIATED
WITH PARTICULAR ORGANIZATIONS**