

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 will be offered beginning on Wednesday, November 2, 6pm-8pm via Zoom. All materials will be provided for you at no charge. This is a 6-week class and upon completion of the class you will receive a certificate for successfully completing Common Sense Parenting. For more information, please contact Adriane Medlock at 615-509-4253, or ajvanmedlock@comcast.net

