

## **"Dealing with Disobedience"**

(Parenting Support Program)

This discussion topic provides examples of common forms of disobedience and some reasons why children have difficulty learning to follow instructions. A number of positive parenting strategies are then introduced to help parents develop a personal plan to prevent disobedience, teach their child limits, and also to manage disobedience when necessary.



## **"Developing Good Bedtime Routine"** (Parenting Support Program)

This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen. The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems. The approaches to encouraging children to stay in their own bed throughout the night are discussed: the gentle, the gradual, and the direct approach. Parents choose which approach suits them best.



# "Hassle-free Mealtime with Children"

(Parenting Support Program)

This discussion topic explores things that influence children's mealtime behaviour, setting limits and teaching children good mealtime habits. Parents will look at ways to increase food variety, be introduced to some positive parenting strategies to help manage mealtimes and develop a personal plan for their family's mealtimes.



# "Hassle-free Shopping with Children"

(Parenting Support Program)

This discussion topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behaviour in public. Positive parenting strategies are discussed as step-by-step suggestions for preventing problems and teaching children how to behave on shopping trips. Parents develop individualized plans to manage problem behaviour during their own shopping trips and are encouraged to transfer new parenting strategies to other difficult community situations.



# **"Managing Fighting and Aggression"**

(Parenting Support Program)

During this discussion topic, parents are encouraged to share their experiences of aggressive and destructive behaviour from their children and discuss some of the reasons children fight. This topic covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur.

