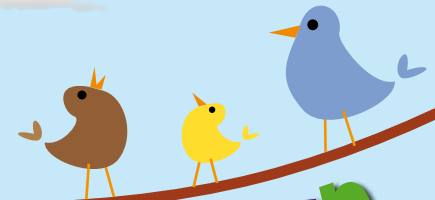
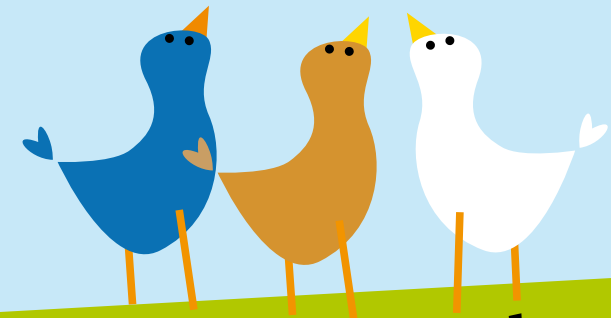


Parental skills



group



Proactive parents

For parents of children 5 to 12 years of age

Information and registration

This program is offered in several CSSS de Laval facilities.

To register, leave your contact information (name and telephone number) in the following voice mailbox:

(450) 661-5372, ext. 27605.

Someone will call you back to complete your registration.

This group can also be offered in English. Find out about it!

Centre de santé et de services sociaux
de Laval

Proactive parents – For parents of children 5 to 12 years of age

Objective

The aim of this program is to allow parents to share their knowledge and their experiences as well as to support them in their role as educator. Parents will acquire new tools and new skills as they increase their confidence in their parental skills. Also, this group can help break the isolation of some parents and enable them to spend enjoyable times with other parents.

Description

Lasting 7 weeks, for two hours per week, the program is aimed at any parents of children 5 to 12 years of age wanting to promote harmony in their relationship with their child or children.

The learning groups are made up of 12 to 15 parents. The parents must be comfortable expressing themselves in a group. Also, the participants must be motivated to practice the concepts discussed, and to perform the prescribed tasks during the week.

The group is led by two professionals from the CSSS de Laval.

Topics addressed

- Development of the four basic qualities: courage, self-esteem, responsibility and cooperation
- Identification of parenting styles
- Stages in child development
- Goals of behaviour
- Discipline
- Positive reinforcement
- Parent/child communication
- Sibling rivalry
- Managing emotions

Work method

- Discussions in a large group or in sub-groups, short theoretical presentations, exercises, situation scenarios, reading and homework assignments, work sheets to be completed on site...
- Presentation of concrete tools at every meeting.

WOW! This group has helped me a lot!

There is a group for this; I'm going to register for it.

But what can I do?