

## Court Ordered Parenting Classes



Priceless Parenting offers online parenting classes for parents with children ages 5 and under, 6 to 12 or teens. These online classes capture what we typically teach in a 6-week instructor led class. The online version simply makes it easier for busy parents to learn from wherever they are located and whenever is most convenient.

We've spent years reviewing the parenting research and literature uncovering the "best of the best" in parenting concepts. Our approach includes ideas that have stood the test of time and worked well for millions of parents. It does not include spanking, hitting, yelling, bribing or threatening kids. Instead our focus is on helping kids learn from their mistakes so that they are making wise decisions on their own as young as possible.

This does not mean that kids are allowed to get by with unacceptable behavior. It does mean that when kids misbehave, parents know how to set effective limits in a way that does not add fuel to the fire. They know how to help their children learn so that they can make better choices in the future.

The parenting ideas which form the foundation of our approach are from people like ...

- Dr. Alfred Adler (Psychotherapist and founder of the school of individual psychology in the early 1900's, established importance of people having a sense of belonging and meaning in their lives)
- Dr. Becky Bailey (Founder of Conscious Discipline)
- Dr. Mike Bradley (Psychologist and author specializing in treating teens who are acting out)
- Dr. Brené Brown (Researcher on shame and vulnerability)
- Dr. Hilaire Cash (Researcher on internet, video game addiction)
- Dr. John Gottman (Founder of The Gottman Relationship Institute)
- Dr. Ross Greene (Psychiatrist and developer of the Collaborative Problem Solving as an effective process for working with children who have challenging behavior)
- Dr. John Medina (Brain researcher and author of Brain Rules for Babies)
- Dr. Jane Nelsen (Founder of Positive Discipline)
- Dr. Bruce Perry (Psychiatrist and researcher on children effected by trauma)
- Dr. William Sears, Barbara Nicholson, Lysa Parker (Attachment Parenting)
- Dr. Dan Siegel (Psychiatrist and Executive Director of the Mindsight Institute)
- Dr. Anthony E. Wolf (Child psychologist and author)

Often these parenting experts are saying similar things in different ways. We pull all the critical ideas together in a way that makes sense.

An expert parent coach is available to answer questions to parents taking the online class. All of the parenting classes consist of 11 lessons with homework at the end of each lesson. The homework gives parents the chance to try out what they just learned with their own children. Parents are allowed up to 3 months to complete the course.

Below are the lessons for each course.

### **Parenting – Ages 5 and Under** (6 hours credit)

1. Raising Your Children and Building The Family of Your Dreams
2. Meeting Your Children's Developmental Changes and Needs
3. Responding to Misbehavior in Ways that Help Children Learn Without Adding Fuel to the Fire
4. Responding to Your Children's Mistakes with Discipline Rather Than Punishment

5. Controlling Your Reaction By Not Yelling and Helping Your Children Calm Down
6. Guiding Your Children's Behavior and Protecting Them From Danger
7. Helping Your Children Learn To Make Decisions and Resolve Their Own Conflicts
8. Responding to Stressful Parenting Situations While Avoiding Power Struggles
9. Finding Reasonable, Valuable Consequences for Children's Misbehavior
10. Finding Appropriate Chores for Young Children and Setting Expectations for Accomplishing Personal Tasks
11. Being Your Best as a Parent and Raising Your Children to Achieve Their Best

**Parenting – Ages 6 to 12** (6 hours credit)

1. Raising Your Child and Building The Family of Your Dreams
2. Controlling Your Reaction By Not Yelling and Helping Your Children Calm Down
3. Allowing Your Children to Learn From Experience
4. Guiding Your Children's Behavior By Setting Appropriate Limits
5. Responding to Your Children's Mistakes with Discipline Rather Than Punishment
6. Helping Your Children Learn To Make Decisions and Resolve Their Own Conflicts
7. Responding to Stressful Parenting Situations While Avoiding Power Struggles
8. Finding Reasonable, Valuable Consequences for Children's Misbehavior
9. Resolving Continuing Problem Behavior
10. Developing Responsibility Through Chores
11. Being Your Best as a Parent and Raising Your Children to Achieve Their Best

**Parenting – Ages 13 to 18** (6 hours credit)

1. Meeting Your Teen's Developmental Needs and Preparing Them to Successfully Launch
2. Stop Yelling, Start Empathizing
3. Allowing Your Teens to Learn From Experience
4. Guiding Your Teen's Behavior By Setting Appropriate Limits
5. Responding to Your Teen's Mistakes with Discipline Rather Than Punishment
6. Monitoring the High Risk Areas for Teens Connecting Online, Relationships, Sex, Drugs, Drinking and Driving
7. Turning Power Struggles into Mutual Agreements
8. Finding Reasonable, Valuable Consequences for Teen's Misbehavior
9. Resolving Continuing Problem Behavior
10. Developing Responsibility Through Chores
11. Being Your Best as a Parent and Raising Your Teens to Achieve Their Best

After completing the class, parents must complete a feedback form which assesses what they've learned in the class and then they receive their Certificate of Completion. Parents across the United States have taken these classes to fulfill their court requirements. We will refund the cost of the class if it is not accepted by a parent's court.

We provide on-going support of positive parenting approaches through our monthly parenting tips newsletter and social media. If you have questions, email [support@PricelessParenting.com](mailto:support@PricelessParenting.com) or call 425-770-1629.



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