

Providing opportunities for families and communities to prepare all children for success in school, thereby setting the stage for high school graduation, post-secondary education and a vibrant economy.



## FREE PARENT WORKSHOPS

**Trainings are provided by Early Childhood Development Coalition staff.  
All workshops are free of charge.**

### Misty Majors, MSW Workshops

Call 812-437-2701 or email [mmajors@unitedwayswi.org](mailto:mmajors@unitedwayswi.org) to schedule.

#### **1,2,3,4 Parents!** *(workshop consists of 3 2-hour sessions)*

Parent workshop for parents with children ages 1 to 4. The workshop focuses on the importance of routines, ages/stages and appropriate discipline techniques for children from 1 to 4. *(In partnership with 4C of Southern Indiana)*

#### **I'm Stressed Out! Now What?** *(workshop consists of 1 1.5-hour session)*

Participants will learn the definition of stress, causes and ways to cope with stress by using fun activities and techniques to reduce stress.

#### **Second Step Family Guide Training** *(workshop consists of 6 2.5-hour sessions)*

This workshop series teaches parents and caregivers to support children in the home with skills that teach empathy, emotion management and solving problems at home. *(\*Also available in Spanish.)*

### Sara Murray Workshops

Call 812-437-2706 or email [smurray@unitedwayswi.org](mailto:smurray@unitedwayswi.org) to schedule.

#### **Sing, Sing a Song: Promoting Literacy through Music** *(workshop consists of 1 1.5-hour session)*

Literacy development begins at birth! Important literacy knowledge and skills emerge from birth depending on the quality of environments and activities. Parents will be introduced to ways of using songs, rhymes, chants and finger plays to support their child's literacy development. Each participant will receive a child's music related book.

#### **The Power of Positive Guidance** *(workshop consists of 1 1.5-hour session)*

Parents will be introduced to ideas regarding the importance of addressing children's behavior and social development. Parents will gain new insight into prevention strategies that can soften behavioral triggers or make problem behaviors less stressful.

#### **The "Turtle Technique"** *(workshop consists of 1 1.5-hour session)*

Parents will meet Tucker Turtle and learn skills to help children control their anger and handle disappointment. Participants will receive copies of skill cards to help introduce the technique to their children.