

Parenting with Common Sense

The CarePlus parenting education group featuring the evidenced-based *Common Sense Parenting*® model. Through an interactive, skill-based approach, parents learn practical and effective parenting methods to address issues of communication, discipline, decision making, relationships, self-control, and school success.

Program Goals:

- Build strong, healthy family relationships
- Teach parents the skills they need to increase positive and age-appropriate behaviors, and successfully stop problematic behaviors
- Help parents set consistent, reasonable expectations based on their child's age, developmental, and skill level

Specialized Services:

- The 8-week program incorporates 2-hour weekly sessions
- Parents learn and practice skills through instruction, videotape modeling, role-playing, feedback, and review
- The program teaches parents to:
 - Communicate effectively
 - Avoid power struggles
 - Give positive attention
 - Control emotions
 - Balance discipline with affection
 - Praise a child's good behavior

For more information or to register...

Call Jamie Lagana, MS, LPC at 201-797-2660 ex 5635
or email JamieL@CarePlusNJ.org

Our Philosophy:

Coping skills and strengths developed in childhood carry into adult life, helping individuals reach their full potential. With this in mind, we strive to deliver programming and resources that assist individuals in navigating our complicated world.



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