

# Title 1 School Support

*...putting the pieces of parenting together.*

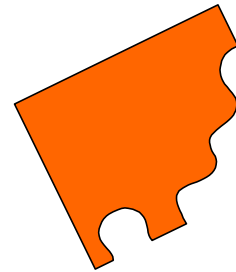


Lubbock Independent School District ♦ 1628 19<sup>th</sup> Street – Lubbock Texas, 79401 ♦ (806) 766-6680

## PRACTICAL PARENT EDUCATION MODULE TOPICS:

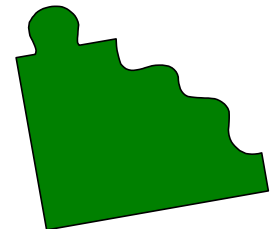
### MODULE 1: Understanding Your Role As A Parent

- 1.1 Understanding The Family System As a Whole
- 1.2 Recognizing Traits In A Healthy Family
- 1.3 Identifying Your Role As The Primary Model For Your Child



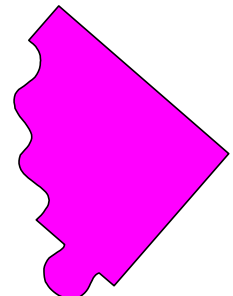
### MODULE 2: Developing Trust Within Families

- 2.1 Developing And Maintaining Trusting Relationships Within The Family
- 2.2 Understanding Attachment And Bonding Between Parent And Child
- 2.3 Rebuilding Trust that Has Been Broken
- 2.4 Parenting from a Distance



### MODULE 3: Communicating Within The Family

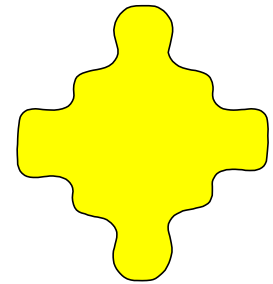
- 3.1 Communicating Effectively With Children At All Stages
- **3.2 Developing Digital Responsibility**
- 3.3 Expressing And Communicating Feelings And Emotions
- 3.4 Identifying Family Communication Patterns
- 3.5 Communicating With Children About Sexuality
- 3.6 Dealing With Anger In The Family
- 3.7 Helping Children Learn To Manage And Resolve Conflict Peacefully
- 3.8 Defusing Family Disagreements



### MODULE 4: Building Self-esteem Within The Family

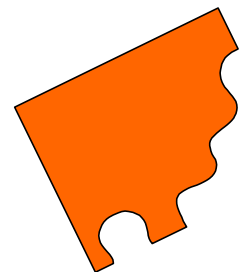
- 4.1 Building And Nurturing Self-esteem In Children

- 4.2 Knowing And Valuing The Child As An Individual
- 4.3 Building And Nurturing Self-esteem In Parents
- 4.4 Encouraging Children’s Growth In Social Skills
- 4.5 Helping Children Learn To Make Healthy Choices
- 4.7 Teaching Children Kindness And Respect For Other Children
- 4.8 Helping Children Learn To Handle Competition
- 4.9 Understanding the Powerful Influences of Gangs on Children
- 4.11 Understanding The Complexities Of Bullying And Peer Cruelty



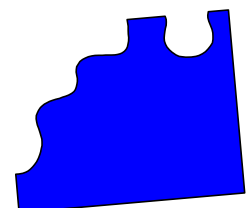
## **MODULE 5: Understanding Parenting And Power**

- 5.1 Establishing Authority As A Parent
- 5.2 Choosing Effective Discipline Techniques
- 5.3 Giving Children Responsibility For Themselves
- 5.4 Dealing With Sibling Rivalry
- 5.5 Encouraging Motivation In Children
- 5.6 Developing Teamwork In A Child’s Educational Experience
- 5.7 Resolving Homework Issues
- 5.8 Understanding How Parenting Patterns In The Early Years Set A Course For The Future
- 5.9 Building A Powerful Parenting Role To Prevent Youth Substance Abuse
- 5.10 Recognizing And Responding To Child Behaviors Outside The Norm
- 5.11 Raising Children Of Character
- 5.12 Creating Family Memories: Traditions, Rituals and Routines
- 5.13 Raising a Financially Responsible Child



## **MODULE 6: Accepting And Growing Through Natural Transitions In The Life Cycle**

- 6.1 Understanding Developmental Stages In Children
- 6.2 Moving Through The Stages Of Parenting
- 6.3 Dealing With Stress In The Family
- 6.4 Helping Children Handle Peer Pressure
- 6.5 Easing Transitions Into Adolescence
- 6.6 Raising Twenty-first Century Children from Day One
- 6.7 Strengthening the Father/Child Relationship
- 6.9 Parenting the Second Time: Grandparents Rearing Grandchildren



## **MODULE 7: Accepting And Growing Through Unexpected Transitions In The Life Cycle**

- 7.1 Coping With Mobility And Relocation
- 7.2 Helping Children Cope With Change And Loss
- 7.3 Growing Through Single Parenting
- 7.4 Growing Through Step-Parenting
- 7.5 Understanding The Complexities Of Teenage Parents
- 7.6 Balancing Parenting And A Career
- 7.7 Meeting Needs In The Family With A Special Child
- 7.8 Building Resiliency In Children
- 7.9 Creating Cultural Harmony In The Family: Balancing The Challenges Of Bi-Cultural Parenting
- 7.10 Parenting to Counterbalance Outside Influences: When Pop Culture Collides with Family Values
- 7.11 Are Our Children Growing Up Too Fast?

**\* *Parenting the Strong-Willed Child: (Includes 4 complete sessions)***

***Developing Digital Responsibility is the newest addition to our modules. We also have a variety of Quick Tips to accompany our modules in English and Spanish. Please contact our office if you have any questions at 766-1976.***