

**Plano Independent School District
Family Education and Guidance Services
Campus Parent Education Programs**

Hot Topics!

American Idle: Away from the Video Screen and Breaking a Sweat

Fostering an active lifestyle that will benefit the health of the entire family

Communicating with Your Texting Teen

Communication with teens can sometimes be like living on another planet. Your teen wants to be heard, but so do you. How do we communicate with someone who has his/her nose in a cell phone (or computer). Learn strategies which promote healthy communication between parents and teens.

Facebook: Are You Paying Attention?

The explosion of Facebook into almost every nook and cranny of our media exposure is now tempting even elementary-age children. If your child does not have a Facebook page, he or she likely knows someone who does. Are you savvy enough to keep them safe in the ether world?

Grandparents Raising Grandchildren

While the reasons that require a grandparent to step in to the role of parent are varied, the challenges for grandparents are universal. This series includes a panel discussion, as well as discussion of emotions, and discipline and homework issues.

Mean Girls. . . And the Friends Who Think They Are “Cool”

The poison culture of girls bullying, tormenting and ignoring can have devastating consequences. Gain insight into being part of the solution!

What Are Our Children Doing in the Digital Age?

Technology has such wonderful advantages! However, there are multiple safety/legal issues of which children and teens may not be aware. This session will enlighten parents about the emotional as well as legal consequences of sexting and inappropriate use of social networking programs.

You, Me, and Everyone Else: Understanding Cultural Diversity

Discussion includes differences in customs and beliefs, building trust, cross-cultural understanding, and brainstorming solutions which begin to crumble barriers to create cultural harmony.

Changes in Family Life

Being Mom and Dad: Four Week Series for Single Parents

This series is designed to focus on the unique needs and issues facing today's single parents with emphasis on families who have experienced divorce. Topics include Co-Parenting, how divorce affects children and successful single parenting.

Grandparents Raising Grandchildren

While the reasons that require a grandparent to step in to the role of parent are varied, the challenges for grandparents are universal. This series includes a panel discussion, as well as discussion of emotions, and discipline and homework issues.

Preparing your Child for Kindergarten

Understanding the kindergarten environment, helping your children prepare for kindergarten and fostering a successful school experience is the goal of this class.

Communication and Emotions

Building Children of Character

Discuss strategies to teach kindness, respect, healthy decision-making and our own family values.

Communicating with Your Texting Teen

Communication with teens can sometimes be like living on another planet. Your teen wants to be heard, but so do you. How do we communicate with someone who has his/her nose in a cell phone (or computer). Learn strategies which promote healthy communication between parents and teens.

Creating Harmonious Nurturing Families

Receive information to bolster self-esteem, strengthen relationships, and ensure stability in the family through communication and understanding.

Did We Win?

Discussion includes positive and negative aspects of competition and creating an environment of gracefully winning as well as losing.

Don't Pop Your Cork! Dealing with Anger in the Family

Explore ways to defuse anger and achieve a climate of peace, respect and harmony in your household

Has Pop Culture Kidnapped Your Child?

Learn ways parents find successful in helping their children enjoy the benefits of activities appropriate for their own age.

Helping Children Develop Social Skills

Explore developmental expectations, developing conflict resolution skills, and problems solving strategies.

I Can Do It!

Encouraging self esteem, increasing motivation to help our children work against discouragement, and facing challenges are discussed in the important class.

I Never Planned to Yell So Much! Effective Communication

Learn effective ways to create an atmosphere of open communication while still establishing parental authority is the key to harmonious families.

Let's Talk: Encouraging Effective Communication

True communication requires listening, paying attention to body language as well as expression ideas, needs and emotions. This class will explore ideas to improve communication in the family.

Pop Culture vs. Family Values: Powerful Forces on a Collision Course

Teaching character traits and instilling certain family values is the basis for this timely topic giving parents the necessary tools to face pop-culture challenges.

The Birds, the Bees, the Talk

Parents can learn effective ways to discuss this delicate but important topic using real life, factual, non-embarrassing strategies to promote open communication between parent and child.

The Fast and the Curious: Understanding Your Pre-Teen's Sexuality

Parents of middle school students can learn effective ways to discuss this important topic with their emerging teens.

Walking in Another Person's Shoes: Teaching Empathy and Friendships to Fifth Graders

This is an opportunity for dialogue about understanding the effects of bullying, and an awareness and appreciation for diversity of our world.

Discipline and Responsibility

Dollar\$ and Sen\$e: Let's Talk About Allowance\$

Simple allowances can help children understand and value money. Discussion includes when to give, how much to give, chores, spending, saving and responsibility with money.

He Hit Me First! Dealing with Sibling Rivalry

This topic focuses on the growth of social and conflict resolution skills as well as creating a win-win situation in the charged atmosphere of homes with more than one child.

Pick Up Your Socks! Teaching Responsibility

Identify areas in which you as the parent wish your child would take on more responsibilities, where you are comfortable giving up control and allowing children to make choices that parents can respect.

Setting Limits and Following Through: Effective Discipline

Discussion includes effective positive discipline strategies, strategies which don't work and the wisdom to know the difference.

Who's in Control? Reducing Power Struggles

A positive and effective approach to encouraging responsibility while reducing the battle of wills between child and parent.

Whose Homework Is It Anyway?

Teaching children effective homework strategies, identifying parental role in homework environment, understanding learning styles and fostering a sense of responsibility are the topics discussed.

Unplug the Plug: Limiting the Media Habit

Learn ways to achieve the balance between media time and physical activity, creative use of time as well as family interaction.

You Want Me to Buy You What? Dealing with Overindulgence

There is a balance between enough and too much. This topic will help parents define that balance and encourage appreciation for what you have and earning what you want.

Meeting the Needs of Parents

Are We Too Busy?

Discuss ways to create a balance between the wonderful opportunities of learning and becoming too busy to be successful.

Dad Says, Mom Says: Blending the Best of Both

Men and women sometimes parent differently. Discussion will focus on responding to and managing those differences to benefit everyone in the family, especially the children.

Doing the Homework/Extra-Curricular/Family Time Boogie

Learn ways to understand and decrease stress especially during high stress times of your life such as holidays.

Parental Guilt: Is It Dragging You Down?

This discussion includes expectations for you as the parent, realistic goals, feeling overwhelmed and ideas to overcome those heavy desires to become a better parent.

The Juggling Act: Balancing Parenting and Career

Develop skills for coping with stress and evaluating family priorities and responsibilities to create a more harmonious home.

Which Parent Are You? Understanding Parenting Styles

Children don't come with an owner's manual. Learn about the different parenting styles and the effects on our children.

Safety

How to Be Safe When Drugs Invade Our Community

Learn how to talk with your children about drugs; the current drugs/substances on the streets; the signs of experimentation; and how to intervene with a child who is using.

I Can Handle It! Facing up to Bullies

Discussion includes types of bullying; profile of the bully, the victim, and the bystander and strategies which help all three to ensure safety for all students.

Mean Girls. . . And the Friends Who Think They Are "Cool"

The poison culture of girls bullying, tormenting and ignoring can have devastating consequences. Gain insight into being part of the solution!

What Are Our Children Doing in the Digital Age?

Technology has such wonderful advantages! However, there are multiple safety/legal issues of which children and teens may not be aware. This session will enlighten parents about the emotional as well as legal consequences of sexting and inappropriate use of social networking programs.

Steering Your New Driver

Learn if you are you ready to be the parent of a new driver? How do you know your teen is ready to drive? Who will pay for gas? insurance? Where, when and with whom may your teen drive?

Stranger Danger: Teaching Children Safety Skills

Learn some practical ways to help teach your children safety skills which could potentially save lives.

Understanding Your Child

The ABC's of Parenting Children Birth to Five: Series of 6 Classes or Stand Alone Class

Discussion includes developmental stages of early child, temperament, safety issues, setting limits, The Seven Deadly Stages of Early Childhoods, and discipline for our young ones.

Building Bright Futures: Series of Six Classes for Parenting Children with ADD/ADHD

This series builds on strengths of parents and child with attention on understanding challenges, recognizing needs of child and parents, developing positive atmosphere in home and school and finding different strategies which work.

Help! A Teenager Has Moved Into My Child's Body! Series or Stand Alone Class

Topics include normal adolescent development (physical, emotional, cognitive and social), peer pressure, friends to romance, communication, reducing power struggles, and discipline.

You Can't Make Me! Parenting the Strong Willed Child: Four Week Series

Topics include understanding this not so unique temperament, creating a positive home/school environment, effective discipline and empowering both parent and child.

Are We Born That Way? Understanding Temperament

Discuss includes understanding and parenting for all four different temperament styles, which are easy, slow to warm, difficult and strong willed.

I Gotta Be Me! Self-Esteem and Temperament

Discuss ways to encourage individuality and support child's need to become who they need to become.

Understanding the Effects of Birth Order

Learn ways to recognize birth order characteristics and how to respond to our children in more effective ways.

En Español

Boot Camp 102

En Español, learn to understand and how to parent your adolescent.

ESL/GED

Learn English as a second language and complete your GED through North Texas Four County Co-op.

Padres Unidos

Join our Hispanic community every Tuesday evening to learn about and discuss in Spanish everyday parenting issues.

Plaza Comunitaria de Plano

Complete elementary, middle and high school en Español and move on to university levels.