



FAIRFIELD COUNTY
**Family &
Children First**
COUNCIL

Below is a brief description of the classes offered at Family, and Children First Council. All classes are free to parents.

First Five Years—four session series

This class is for parents with kids birth-5 years of age. In this class we will talk about You and Your Child, Preventing Problems, Encouraging Positive Behavior, and Preparing for School Success.

Active Parenting for Stepfamilies-six session series

This book guides parents and stepparents as they create a new blended family. This family is great for blended and foster families. This series covers styles of parenting, roles of stepparents, effective communication, blending traditions, challenges of discipline, and power struggles.

Triple P Primary Care (one-on-one) - two-four sessions

A brief targeted intervention in a one-to-one format that assists parents to develop parenting plans to manage behavioral issues (e.g. tantrums, fighting, going shopping) and skill development issues (e.g. eating independently, toilet training, staying in bed at night).

Triple P Level 3 Workshops Groups- one-five sessions

Targeted for parents of a child with mild to moderate behavioral difficulties. It is available for parents of children from birth to 12 years. Level 3 interventions include five topics for parents: Dealing with disobedience, Managing fighting and aggression, Developing good bedtime routines, Hassle-free shopping with children, and Hassle-free mealtimes with children.

Triple P Level 4 Discussion Group—eight session series

For parents of children with severe behavioral difficulties: It is available for parents of children from birth to 12 years and covers Triple P's core positive parenting skills that can be adapted to a wide range of parenting situations. The curriculum emphasizes strategies for promoting children's development and help build a positive parent-child relationship, which is necessary for any of the strategies for managing misbehavior to be effective.

Triple P Level 4 Stepping Stones Discussion Group- nine session series

For parents and caregivers (grandparents, other relatives, guardians, etc.) of children from birth through age 12 who have a disability, developmental disorder, or delay. This class will cover the power of positive parenting techniques, tips for strengthening your relationship with your child and encouraging positive behavior, strategies for teaching new skills and behaviors and managing misbehavior, and planning for difficult situations at home and in the community,

Triple Teen Level 4 Discussion Group-eight-session series

Group Teen Triple P is a broad-based parenting intervention for parents of teenagers up to 17 years old and who are interested in learning a variety of parenting skills. Parents will learn about the causes of adolescent behavior problems, setting specific goals, strategies to promote teenager's skills development, managing inappropriate behavior, teaching emotional self-regulation, and how to plan around risk-taking behavior or risky situations.

Parent Project—ten session series

A Parent's Guide to Changing Destructive Adolescent Behavior (CDAB) is the only parent training program for parents raising difficult or out-of-control teens that addresses the MOST destructive of adolescent behaviors.

To register or for more information please contact Brandy Heeter at brandy.heeter@fairfieldcountyohio.gov or 740-652-7287.

FREE Parenting Workshops

Supportive, small group programs to connect with other parents about raising young children. You can attend **any** or **all** of the classes below for **free**.

Hassle-Free Mealtimes

Learn strategies on mealtime behavior and teaching good mealtime habits.

“Tuesday, August 27th, 9:00 to 11:00 a.m.”

Getting Kids to Cooperate

Get tips on getting kids to listen and follow directions – and what to do when they don’t.

“Tuesday, September 24th, 9:00 to 11:00 a.m.”

Developing Good Bedtime Routines

Get advice on getting your kid to go to bed – and staying there.

“Tuesday, October 29th, 9:00 to 11:00 a.m.”

Getting Along with Others

Learn strategies for teaching kids to solve problems and get along with others.

“Tuesday, November 26th, 9:00 to 11:00 a.m.”

Successful Holiday Outings with Children

Learn how to plan for easy, calm trips and how to address misbehavior while in public.

“Tuesday, December 10th, 9:00 to 11:00 a.m.”

All workshops are held at the Agriculture Center
831 College Ave. Lancaster Ohio 43130– Open to Fairfield County

You can receive a \$10 gas card for each class you attend!

Can’t make any of the above dates? Call or email us – we also provide one-to-one parenting support online or over the phone covering the topics above and more

“This program is funded in part by The Ohio Children’s Trust Fund”

To sign up, call **(740) 652-7287** or email brandy.heeter@fairfieldcountyohio.gov



Parenting is hard!
Let us help!





**Parenting is hard!
Let us help!**

Parents, Stay Positive!

FREE, Five-Week Course

FREE 8-week Positive Parenting Workshop for parents and caregivers of pre-teens and teens. Take the guesswork out of parenting teenagers!

In-Person | Wednesday | 6:30 to 8:30 p.m.

August 21st, August 28th, September 4th, September 18th, October 9th, 2024

**Class will be held at the Agriculture Center
831 College Ave. Lancaster, OH 43130**

Classes will cover:

- The power of positive parenting techniques
- Factors influencing teenagers' behavior
- Keeping track of teenager's behavior
- Developing positive relationships with teenagers
- Increasing desirable behavior
- Acknowledging teenagers' emotions

Each participant will also have three one-on-one phone/in-person sessions with the group leaders to make the information *really* work for their families.

To sign up, call (740) 652-7287 or email brandy.heeter@fairfieldcountyohio.gov





**Parenting is hard!
Let us help!**

Parents Need Support!

FREE, Eight-Week Course

For parents and caregivers (grandparents, other relatives, guardians, etc.) of children from birth through age 12.
Learn how to get more of the behavior you like from your children and less of what you don't.

In-Person | Thursdays | 6:30 p.m. to 8:30 p.m.

August 8th, August 15th, August 29th, September 12th, September 26th, 2024

**Class will be held at Connexion West
625 Garfield Ave. Lancaster, Ohio 43130**

Discussion will include:

- A comfortable, non-judgmental atmosphere
- Tips on how to get more of the behavior you want – and less of what you don't
- Giving directions kids are likely to follow
- Discovering you are not alone in the parenting struggle

This 5-week program includes 3 one-on-one phone/in-person sessions with the group leader to make the information *really* work for their families. You can receive a \$10 gas card for attending!

“This program is funded in part by The Ohio Children’s Trust Fund”

**To sign up, call (740) 652-7287 or
email brandy.heeter@fairfieldcountyohio.gov**



ACTIVE PARENTING First Five Years™

Join us for this FREE 3-week series!

This workshop will help you with the following:

- Understanding your child's ages and stages of development
- Identifying your style of parenting
- Building a bond through play, routine and discipline
- Learn non-violent discipline skills
- And much more!!

October 17th, October 24th, October 31st, 2024

Classes are Thursday mornings 9:00-11:00AM

(FREE CHILDCARE AVAILABLE)

YOU MUST REGISTER BY October 11th, 2024

This class is in-person at the Robert K. Fox Family YMCA

465 W. 6th Ave. Lancaster, OH 43130

Sponsored by:



For more information and to register,
Call Family, and Children First Council
at 740-652-7287 or
brandy.heeter@fairfieldcountyohio.gov