

Find your  
parenting  
superpower  
this summer!

Summer  
2018



*Educating parents. Enriching families.®*

Registration required for all classes and workshops.

**PEPparent.org** or **301.929.8824**

### Course Locations

- PEP Office, Kensington, MD
- The Grilled Oyster Company, Potomac, MD
- Capitol Hill Presbyterian Church, Washington, DC

### Become a Member

PEP Members receive **10% off** all classes, consults, & text books.

## FREE WORKSHOP

### Why Don't My Kids Listen to Me?

*For parents of children ages 2-18*

Join us for PEP's introductory workshop and learn about our approach to positive parenting techniques. You'll leave with specific strategies you can use to gain your children's cooperation without nagging, bribing or yelling.

Sat, Aug 18 | 3:00-4:30pm | PEP | Kensington | free

## ONLINE PROGRAMS

### Parenting for the Busy Professional

*For all parents*

Wed, June 20 | 9:00-10:00pm EST | \$25

### Free Intro to PEP for Parents of Preschoolers

*For parents of children ages 2.5-5*

Wed, July 11 | 9:00-9:30pm EST | free

### "You Can't Make Me!" Bedtime Edition

*For parents of children ages 2.5-5*

Wed, July 18 | 9:00-10:00pm EST | \$25

### Afraid to Try, Too Quick to Cry

*For parents of children ages 3-12*

Tues, Aug 7 | 9:00-10:00pm EST | \$25

### Free Intro to PEP for Parents of Teens

*For parents of children ages 13-18*

Wed, Aug 15 | 9:00-9:30pm EST | free

## FOR ALL PARENTS

### Managing Anger: A Parent's Guide

*For all parents*

Learn the real reasons parents get angry (some may surprise you) and how to change your thoughts, words and actions for more positive outcomes as well as ways to help your kids cope with their anger, too.

Tues, July 10-24 | 7:00-9:00pm | PEP | Kensington | \$98 | 3 weeks

### Raising I Can Kids

*For all parents*

A child's "I Can Quotient" includes the qualities that predict a child's ability to thrive in life. Learn strategies to increase your child's sense of feeling connected, capable, competent and courageous.

Mon, June 18 | 7:00-9:00pm | PEP | Kensington | \$35

### "This Isn't a Hotel and I'm Not Your Maid!"

*For parents of children ages 5-18*

Discover the methods that work to raise competent, cooperative kids who know how to pitch in and actually want to help with the household chores. Children also learn empathy and grow their self-esteem when they contribute to family life.

Tues, June 26 | 7:00-9:00pm | PEP | Kensington | \$35

### Yes, And... Parenting Lessons Learned from the Improv Stage

*For parents of children ages 5 and up*

This fun, interactive workshop uses improv-based training to help parents keep positive energy flowing, improve collaboration, communicate better and spark problem-solving—even when setting limits and dealing with sticky situations.

Wed, July 11 | 7:00-9:00pm | PEP | Kensington | \$35

### Power Tools for Power Struggles

*For parents of children ages 5-18*

Learn what really causes power struggles, get tips to avoid them, and develop a game plan for gaining your child's cooperation.

Tues, July 17 | 7:00-9:00pm | PEP | Kensington | \$35

### When Parents Disagree on How to Parent

*For all parents*

No two people will always agree on what's best. Learn how to work together in a way that meets the needs of both parents. *Note: This is an interactive workshop. You will benefit more by attending with your parenting partner, but it's not required.*

*Participants who come without partners will be paired with each other for exercises.*

Thurs, Aug 23 | 7:00-10:00pm | PEP | Kensington | \$52/person; \$85/couple

## IF YOUR CHILD IS BETWEEN 1 AND 5

### Parenting Preschoolers

*For parents of children ages 2.5-5*

Learn positive discipline methods to calm tantrums, avoid power struggles and engage your child's cooperation. Insight into your child's temperament and developmental stage along with guided practice with setting limits calmly and consistently will equip you with a parenting toolbox you can use throughout the years of childrearing.

WEEKEND BOOTCAMP WITH ONLINE FOLLOW-UP Q&A

\$289 per person | Text: \$18.01

Fri, Aug 24, 6:30–9:30pm & Sat, Aug 25, 8:30am–4:30pm | at PEP | Includes an online Q&A on Sept 6, 8:30-9:30pm

### Eating, Sleeping and Toilet Training

*For parents of children ages 1-5*

Learn about your young child's developmental needs and capabilities. Get positive parenting tips and tools to meet common challenges in ways that support both your relationship and your child's growing independence.

Thurs, June 28 | 7:00–9:00pm | PEP | Kensington | \$35

### Whining, Crying and Tantrums

*For parents of children ages 1-5*

Although parents find crying, whining and tantrums frustrating and embarrassing, they serve a purpose for children and we often play a part in reinforcing them. Join us for insight about better communication with your young child and strategies to foster cooperation.

Mon, July 16 | 7:00–9:00pm | PEP | Kensington | \$35

### Fighting, Biting, Hitting and Spitting

*For parents of children ages 1-5*

How do you stop aggressive behavior and teach a young child to handle anger or fear without hurting others? Learn the developmental basis for these tough behaviors and respectful, effective ways to handle them.

Tues, Aug 14 | 7:30–9:30pm | PEP | Kensington | \$35

## IF YOUR CHILD IS A TEEN OR TWEEN

### “Like, Whatever.” Responding Effectively to Teen Attitude

*For parents of teens ages 13-18*

Come find out what makes teens think they can talk to parents “that way” and what you can say and do in response to help tone down the attitude and strengthen your relationship.

Mon, June 25 | 7:30–9:30pm | PEP | Kensington | \$35

### Decoding the Teen Brain

*For parents of tweens and teens ages 11-18*

Not only are their bodies changing, but so are their brains, in wonderful and unpredictable ways. Come and learn about the latest research into teen brain development and how it affects your relationship with your teen.

Wed, July 18 | 7:30–9:30pm | PEP | Kensington | \$35

### Raising Rapunzel: Guiding Teen Girls Through the Seven Transitions Into Adulthood

*For parents of daughters ages 9-18*

Teenage girls can swing between the emotional poles pretty quickly, while issues with body image and sexuality add to the “normal” teen issues of stress, substances and eating disorders. Learn about the seven developmental stages of teen girls and how to weather the emotional and behavioral storms. This workshop is based on the book *Untangled*, by Lisa Damour.

Tues, July 24 | 7:30–9:30pm | PEP | Kensington | \$35

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## IF YOUR CHILD IS BETWEEN 5 AND 12

### PEP I: Parenting 5-to-12 Year-Olds

Parenting, while it brings much joy, is hard work. This class provides a sound framework for positive parenting and proven skills to understand and solve behavior problems. Learn how you can be closer and have more fun as a family while also motivating your children to be more cooperative, responsible, respectful and successful.

WEEKEND BOOTCAMPS WITH ONLINE FOLLOW-UP Q&A

\$289 per person | Text: \$16.96

Fri, June 22, 6:30–9:30pm & Sat, June 23, 8:30am–4:30pm | Capitol Hill Presbyterian Church | Washington, DC  
Follow-up online Q&A: Tues, July 17, 8:30–9:30pm

Fri, July 27, 6:30–9:30pm & Sat, July 28, 8:30am–4:30pm | PEP | Kensington

Follow-up online Q&A: Tues, Aug 14, 8:30–9:30pm

### Tackling Technology with Your 5-12 Year Old

Examine the challenges and opportunities technology presents while improving connections with your children. Learn to find common ground and use creative ways to set limits on technology use.

Mon, July 9 | 7:30–9:30pm | PEP | Kensington | \$35

### Dealing with Sibling Conflict

*For parents of children ages 4-12*

Understand the causes of sibling rivalry, when to step in and when to stay out of it, and how you can help your children get along better.

Tues, July 31 | 7:00–9:00pm | PEP | Kensington | \$35

### Stop Negotiating! Setting Limits to Promote Cooperation

Effective discipline is all about deciding what's allowable and holding that line. Learn respectful and effective strategies to handle challenges to your rules, end arguments and gain more cooperation from your children.

Mon, Aug 20 | 7:00–9:00pm | PEP | Kensington | \$35

### “Mom, They’re Being Mean to Me!”

#### Understanding Friendship and Bullying

How do you tell the difference between bullying and behavior that's just immature? In either case, what do you do about it? Come and gain tools for supporting children in meeting social challenges with confidence.

Tues, Aug 28 | 7:30–9:30pm | PEP | Kensington | \$35

## FOR KIDS

### Super Sitters Class and Lab

*For children ages 10 and older*

Teens and Tweens learn the skills necessary for being super sitters, including preventing and handling emergencies, using PEP parenting principles to work cooperatively with kids, communicating with the parents and more. Also sign up for one of the three Sitters Labs, to work with young kids under the supervision of the instructor in the classroom.  
\$129 | Text: \$13.73 | 3 weeks plus a lab

CLASS: Tues, June 12–26 | 6:30–8:30pm | PEP | Kensington

LAB: *Choose one* at PEP | Kensington:

Fri, June 15 | 6:30–9:00pm

or Sat, June 16 | 6:30–9:00pm

or Fri, June 22 | 6:30–9:00pm

## FOR ALL DADS

### Dads Share Advice

PEP's Dads programming has offered new topics for dads since 2016. Now it's your turn to bring the topics that interest you. This evening is 100% your opportunity to share challenges, advice and stories with fellow dads.

Wed, Aug 22 | 7:00–9:00pm | Grilled Oyster Co | Potomac | \$35