



# Got kids?

# Get PEP this summer!

## Why PEP?

Parenting has its joys, but it isn't easy! Raising children to become successful, trustworthy, self-disciplined people is a big task, especially while juggling family, work, and the rest of life. What parent doesn't ask themselves:

- How do I get my kids to just do what I say?
- Will my kids ever get along?
- Does everything really have to be such a battle?
- Why aren't my kids more motivated to do well?
- Life as a parent is not fun! What can we do to make this easier *and* more enjoyable?



**You're not alone.** Many parents find raising kids to be one of the most demanding and important tasks they face. **Parenting can be easier and more enjoyable, and PEP can help.** There is no wrong way to begin. Never been to a PEP class? Try a workshop on one of the topics of interest to you. Looking for long-term change? Try one of our core classes; this summer is a great time to start!



Register at [PEPparent.org](http://PEPparent.org) or call 301.929.8824. *Preregistration is required.*

All summer workshops are \$35 (\$31.50 for members) and held at PEP in Kensington unless otherwise noted.

### PARENTS OF TODDLERS & PRESCHOOLERS

#### Parenting Preschoolers



Saturdays, 3-day intensive program! • July 30-Aug 13 • 9am-2pm  
Learn to use positive discipline tools to handle tantrums, defiance, aggression, sleep and other challenges that can feel so overwhelming. This class will show you how to stop struggling and nurture a cooperative, happy relationship with your child.

\$229.00, MEMBERS: \$206.10 • TEXT: \$18.01, \$16.21

#### Adventures in Limit Setting with Young Children

Tuesday, June 28 • 7:30-9:30pm  
Learn the secrets to getting kids to put their toys away and more! Find out why firm and friendly limits work, while time out and other punishments don't. Get tips to build secure, loving boundaries for acceptable behavior.

#### Using Positive Time Out to Teach Self-Regulation

Monday, July 18 • 7:30-9:30pm  
When children have a place and time to calm down, they can self-soothe, problem solve and develop good feelings that lead to behavior change. Learn how to take the "sting" out of time out and use it effectively.

#### Whining, Crying and Tantrums: Make It Stop!

Tuesday, August 2 • 7:30-9:30pm  
Parents find these behaviors irritating and embarrassing, but they serve a purpose for children, and we often play a part in reinforcing them. Learn how to encourage better communication with your young child.

## PARENTS OF 5 TO 12 YEAR OLDS

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

Saturdays, 2-day intensive program! • July 16 & 23 • 9am-5pm  
Learn the positive discipline skills to correct misbehavior and raise your children to be capable, cooperative, responsible and self-motivated. As you strengthen your relationship, you'll grow more confident in your parenting and enjoy your family life more.

\$259.00, MEMBERS: \$233.10 • TEXT: \$16.96, \$15.26

### Parenting Essentials

Tuesdays for 4 weeks • June 28-July 19 • 7:30-9:30pm  
Parenting skills are distilled into a results-based plan for you to address misbehavior, including power struggles and disrespect, improve cooperation and build a close relationship with each child.

\$149.00, MEMBERS: \$134.10 • TEXT: \$16.96, \$15.26

### Backtalk: "How Dare You Speak to Me That Way!"

Wednesday, June 29 • 7-10pm  
Decode the message behind the sarcasm, eye-rolling and profanity, and learn to respond in ways that build mutual respect.

\$52.00, MEMBERS: \$46.80

### Consequences: Effective Discipline, Not Punishment

Wednesday, July 20 • 7:30-9:30pm  
Learn the differences between a consequence and a punishment and how to use natural and logical consequences to motivate cooperation.

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

Wednesday, June 22 • 7:30-9:30pm  
It can feel like electronic devices are taking over your child's life. Learn about the challenges and opportunities technology presents and creative ways to set limits on its use.

### Setting Limits to Promote Cooperation

Thursday, August 4 • 7:30-9:30pm  
Having trouble with kids' stuff around the house, too much screen time or other out-of-bounds behavior? Learn how to communicate clear expectations and balance freedom with responsibility.

### Developing Grit and a Growth Mindset

Tuesday, August 9 • 7:30-9:30pm  
Based on new research, this workshop will help you transform a child's mindset from "I can't do it" to "Trying new things is fun, mistakes and all."

## FOR PARENTS OF TWEENS AND TEENS

### Raising Rapunzel: Guiding Teen Girls Through the 7 Transitions Into Adulthood

Wednesday, June 29 • 7:30-9:30pm  
Body image, sexuality and stress are just a few of the issues facing teen girls. Learn about the developmental stages and how to weather the emotional and behavioral storms.

### Tackling Technology with Tweens & Teens

Wednesday, July 20 • 7:30-9:30pm  
Explore problems caused by excessive electronics use, ways to set limits and how you can actually improve your connection with your teen using their devices.

### When Everything Turns Into a Fight

Monday, August 8 • 7:30-9:30pm  
The basic fight is about who should be in charge. Learn how to problem solve with your teen and figure out when to take control and when to step aside so you can work together on the issues.

## FOR ALL PARENTS

### Managing Anger: A Parent's Guide

Tuesdays for 3 weeks • July 12-26 • 7:30-9:30pm  
Examine the real reasons parents get angry and learn how to change your thoughts, words and actions for more positive outcomes. Learn ways to help your kids handle their anger, too.  
\$98.00, MEMBERS: \$88.20

### "This Isn't a Hotel!" Getting Your Kids to Help Out

Thursday, June 23 • 7:30-9:30 pm  
Surveys say our kids are doing fewer chores, helping out less and missing out on essential life skills. Learn how to raise competent kids who are ready to "step up to the plate" at home.

### Managing Anger: A Guide for Dads

Thursday, June 23 • 7-9pm • *At Rock Bottom Brewery in Bethesda*  
Your connections to your children, other family members and colleagues will grow easier and more enjoyable as you learn why angry moments happen and how you can be a more effective leader at home and work.

### Positive Parenting After Separation or Divorce

Tuesday, June 28 • 7:30-9:30pm  
Children who grow up with positive parenting become more capable and successful, regardless of the configuration of adults in the family. Learn what you need to do to reduce stress and nurture respect and harmony.

### Conflict Resolution in Intimate Relationships

Friday, July 15 • 7-10pm (for couples)  
Learn how to cooperatively approach your issues, from daily annoyances to longstanding conflicts, in ways that respect both partners and lead to personal and relationship growth.  
PER COUPLE: \$85, MEMBER COUPLES: \$76.50

### When Parents Disagree on How to Parent

Friday, July 22 • 7-10pm  
A common source of friction between couples is differing ideas about parenting. No two people will always agree on what's best; this workshop will help you find ways to work together for your children's well-being.  
\$52.00, MEMBERS: \$46.80

### Allowances: Early Lessons in Money Management

Wednesday, August 10 • 7:30-9:30pm  
When do you start an allowance, and do you relate it to responsibilities? Get the answers and develop a structure for teaching your children money management skills, financial savvy and the benefits of saving and giving.

### Stop the Yelling, Start the Cooperation

Tuesday, August 16 • 7:30-9:30 pm  
Children become deaf to our requests and we raise our voices to get a response. They start yelling back at us and each other. Learn how to break the cycle, encourage cooperation and create a more harmonious—and quieter—home.

### Family Council Workshop

Saturday, June 25 • 9:30 am-noon

Come with your children to learn how to conduct a regular meeting that results in feelings of encouragement, greater cooperation, shared responsibility and problems solved.

Prerequisite: Any PEP core class.

For ALL family members ages 6 and up.

\$98.00, MEMBERS: \$88.20



Educating parents. Enriching families.

Toddler2Teen  
PEP has you covered!

PEPparent.org | 301.929.8824