



The Parenting Project offers a series of free programs to help parents be more effective in raising their children. The following programs are offered at various locations throughout Clark County.

Triple P (for parents with children ages 2 to 11 years-old with challenging behavior issues)

New!

The **Triple P Positive Parenting Program** helps parents manage difficult behavior problems with children ages 2 to 11. Triple P suggests simple routines and small changes that can make a big difference in families. It helps parents understand the way their family works and helps create a more stable, supportive and harmonious family. In this eight-session program parents learn to deal positively, consistently and decisively with problem behavior and build positive relationships with their children so that conflict is resolved.

BabyCare (for expecting or new parents with children ages birth to 6 months)

The **BabyCare** program is packed with need-to know information for expecting or new parents. This fun and interactive program helps parents or caregivers learn and practice baby care skills including how to nurture, feed, bathe, diaper, dress, care for and play with infants. In this five-week program, parents learn about infant safety, nutrition, health, early development, behavior guidance and choosing child care.

Nurturing Parents & Families (for parents of children ages 6 months to 5 years-old)

The **Nurturing Parents and Families** program promotes positive, healthy and nurturing interactions between parents and their infants, toddlers and preschool children. Developmental stages of children from infancy through preschool are presented. Parents will learn stress management techniques, how to establish routines and handle anger. Problem-solving techniques and appropriate behavior management methods are presented and practiced during this six-week program. Available in Spanish.

ABC's of Parenting (for parents of children ages 5 to 10 years-old)

ABC's of Parenting is a fun and interactive program that helps parents of school-age children gain an understanding of their children's development and behavior. Parents learn how to communicate effectively with their children, encourage better behavior, use positive discipline techniques and teach responsibility. This five-week program shows parents how to help children succeed in school and solve problems. Parents will also learn how to manage stress and anger and talk to their children about drugs, alcohol and other issues. Available in Spanish.

ParentTeen Solutions (for parents and youth 11 to 17 years-old)

ParentTeen Solutions is designed to maximize family strengths and reduce behavioral problems in youth. Youth 11 to 17 years-old attend this six-week program with their parents to promote communication and trust. Parents learn the importance of clear rules and consistent supervision and how to practice a positive approach to discipline that teaches self-responsibility. Parents and youth participate in problem-solving, conflict resolution and asset-building activities designed to promote a nurturing and supportive family environment. Available in Spanish.

Blended Families (for parents and step parents with children of all ages)

Blended families face unique challenges. This program will assist parents and stepparents in understanding the challenges and opportunities presented when forming a blended family and will offer practical techniques to help build a healthy and nurturing "stepfamily." Topics include: stepfamily myths, tackling the challenges of combining families, having realistic expectations, developing positive communication skills, establishing a behavior management plan, managing family conflict and supporting the positive growth and development of their children (whether they are his, hers or theirs). This is a four-week program for adults only.

Classes are free!

Call the Parenting Project at 455-5295 to register.



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Proyecto Familiar

Cambridge Community Center
3900 Cambridge St. #203 • Las Vegas, NV 89119

(702) 455-5295



El Proyecto Familiar ofrece una serie de programas gratis que ayudan a los padres a ser mas efectivos en la crianza de sus hijos. Los siguientes programas se ofrecen en diversos lugares a través del Condado de Clark.

Criando Con Amor (para padres de niños de 6 meses a 5 años de edad)

Criando Con Amor un programa que promueve interacciones saludables y positivas entre padres e infantes, niños que empiezan a andar y niños preescolares. Se plantean las etapas para el desarrollo de niños desde la infancia hasta el preescolar. Los padres aprenderán técnicas para manejar la tensión nerviosa, cómo establecer rutinas y controlar el enojo. Técnicas para solucionar los problemas y métodos apropiados de comportamiento son presentados y practicados durante este programa de seis semanas.

Mejoramiento Familiar (para padres de niños de 5 a 10 años de edad)

Mejoramiento Familiar es un programa divertido e interactivo que ayuda a los padres de niños de edad escolar primaria a obtener una comprensión de su desarrollo y comportamiento. Los padres aprenden a comunicarse eficazmente con sus niños, a alentar un mejor comportamiento, a usar técnicas positivas de disciplina y a enseñar responsabilidad. Este programa de cinco semanas le muestra a los padres cómo ayudar a los niños a tener éxito en el año escolar y a solucionar los problemas. Los padres también aprenderán a manejar la tensión nerviosa y el enojo y a hablar con sus niños acerca de las drogas, alcohol y otros temas.

Soluciones Familiares (para padres y adolescentes de 11 a 17 años de edad)

Soluciones Familiares esta diseñado para maximizar fuerzas familiares y reducir problemas de conducta en la juventud. Los jóvenes de 11 a 17 años asisten a este programa de seis semanas con sus padres para promover comunicación y confianza. Los padres aprenden la importancia de las reglas claras y una consistente supervisión y cómo practicar un acercamiento positivo para enseñar disciplina que enseña auto-responsabilidad. Los padres y la jóvenes participan en la solución al problema, resolución al conflicto y actividades diseñadas para fortalecer los valores y para promover un acercamiento suave y un ambiente familiar de apoyo.

Gratis!

Para registrarse llame al Proyecto Familiar al 455-5295



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