

# Common Sense Parenting



## Partnering: Community Action Of Southern Kentucky & Allen County Cooperative Extension Services



Seven Session Parenting Course  
Plus...  
Family Nutrition Workshop

October 20–December 8



COMMUNITY ACTION  
OF SOUTHERN KENTUCKY

FREE!!

Make A Personal Parenting Plan!  
Learn to Use Behavior Charts!



Preventing Misbehavior!  
Correcting problem Behaviors!  
Have Self Control, and teach it to  
Your Children!

Register by Oct. 6<sup>th</sup>!

270-784-4863

dclark@casoky.org



Learn Ways Help Your Child  
Succeed in School!



- *Create Personalized Food Pyramid!*
- *Tips for Picky Eaters!*
- *Healthy Snacks!!*



Kids In the Kitchen,  
positive reinforcement from  
“What You Say Really Matters”



COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
KENTUCKY  
College of Agriculture