



**COMMUNITY ACTION
OF SOUTHERN KENTUCKY**

DeAnna Clark,
Education & Training Specialist
Community Action of SoKY

Common Sense Parenting



We Are Partnering to
Bring You the BEST
Services!

Register by Oct. 6th!
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COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture

Vicki Britt,
EFNEP Assistant
Cooperative Extension Services



COMMON SENSE PARENTING

10/20 -12/8/2010, 9:30am - Noon
Adult Education Resource Room
Course Instructor: DeAnna Clark
Nutrition Workshop: Vicki Britt

Week One (Oct. 20) Parents Are Teachers: My Personal Parenting Plan

- Different Approaches to Discipline
- Food Recall & Parents As Healthy Role Models

Week Two (Oct. 27) Encouraging Positive Behavior

- Using charts to help children set and reach reasonable goals
- Creating My Pyramid (with food samples!)

Week Three (Nov. 3) Preventing Misbehavior

- Preventive Teaching & Social Skills
- Kids in the kitchen

Week Four (Nov. 10) Correcting Problem Behaviors

- 4 Step Process: Corrective Teaching & Alternatives to Problem Behaviors
- Understanding Childhood Obesity

Week Five (Nov. 24) Handling Emotionally Intense Situations

- Staying calm and teaching self-control to your children
- Picky Eaters: Making Family Meal Time a Fun Time

Week Six (Dec. 1) Helping Children Succeed in School

- Home Activities & Ways to Communicate with Your Childs School
- The Importance of Breakfast and Healthy Snacks

Week Seven (Dec. 8) Final Lessons

- Certificates to Participants