

# Plano Independent School District Family Education and Guidance Services Campus Parent Education Programs

*These are some catchy titles which have been used to describe the parent education programs. Feel free to suggest different topics which better suit your needs. These are only intended as ideas to spark your creativity. Contact Family Services at 469.752.2272 for additional information or ideas.*

## **Discipline and Responsibility**

Setting Limits and Following Through  
Beating Breakfast and Bedtime Battles  
Whose Homework Is It Anyway?  
Pick Up Your Socks: Teaching Children Responsibility  
"He Hit Me First!" Sibling Rivalry  
Unplugging the Plug: Limiting the TV Habit  
Who's in Control? Establishing Parental Authority  
I Never Planned to Yell So Much: Effective Discipline

## **Meeting the Needs of Parents**

Parental Guilt: Is It Dragging You Down?  
How to Keep Your Sanity in a Two-Career Family  
Dad Says, Mom Says: Blending the Best of Both  
Doing the Homework/Extra-Curricular/Family Time Boogie

## **Changes in Family Life**

"But Everyone Else Can Do It!": Managing Peer Pressure  
Are Our Children Growing Up Too Fast?  
Nobody's Perfect and That's Okay  
"I Can Do It!" Encouraging Motivation  
Is Your Child Ready for Kindergarten?  
From Friendship to Romance

## **Understanding Your Child**

Understanding the Effects of Birth Order  
Knowing Your Child and Yourself: Goodness of Fit  
Raising a Spirited Child  
Are We Born That Way? Understanding Temperament

## **Communication and Emotions**

Don't Pop Your Cork: Dealing with Anger in the Family  
Coping with Change and Loss: Moving, Death, Divorce and More  
"The Birds, the Bees, the Talk:" Communicating about Sexuality  
Let's Talk: Communication with Our Children  
I Can't Hear You When I'm Yelling: Communication Skills  
I've Gotta Be Me: Children and Self-Esteem  
What Do You Do When They Close the Door and Turn Up the Music?

## **Hot Topics!**

"I Can Handle It": Facing Up to Bullies  
You Want Me to Buy You What?  
The Fast and the Curious: Understanding Your Pre-Teen's Sexuality  
Steering Your Teenage Driver  
Middle School: It's SO Different!  
What Are Your Children Doing in the Digital Age?  
Mean Girls. . . And the Friends Who Think They Are "Cool"  
Has Pop Culture Kidnapped Your Child?  
American Idle: Away from the Video Screen and Breaking a Sweat  
Communicating with Your Texting Teen  
Facebook: Are You Paying Attention?