

**Plano Independent School District  
Family Education and Guidance Services  
Campus Parent Education Workshops**

## **Hot Topics!**

### **Parents: Preparing for College and Beyond**

Learn necessary skills needed to help students as they begin high school: parent portal information, weighted grades for different level courses, FAFSA, and other important areas. Come with questions!

### **Steering Your New Driver**

Learn if you are ready to be the parent of a new driver. How do you know your teen is ready to drive? Who will pay for gas? Insurance? Where, when, and with whom may my teen drive?

### **Middle School: It's SO Different**

Making the transition from elementary to middle school may seem like a journey to another planet and yet it is an exciting, challenging time for all children and their parents. Young teens continue to change rapidly throughout middle school, physically, emotionally and socially.

### **Middle School Forecast: Groom Today's Teens for their Future Independence**

As children move into adolescence and strive for independence, parents often struggle with how to maintain parental authority while encouraging their teens to become more responsible and independent.

### **Communicating with Your Texting Teen**

Communication with teens can sometimes be like living on another planet. Your teen wants to be heard, but so do you. How do we communicate with someone who has his/her nose in a cell phone (or computer). Learn strategies which promote healthy communication between parents and teens.

### **What are Our Children Doing with Their Electronic Devices?**

The explosion of apps and social media into almost every nook and cranny of our lives is now tempting even elementary-age children. If your child does not have phone or computer, he or she likely knows someone who does. Are you savvy enough to keep them safe in the cyber world?

### **Preparing your Child for Kindergarten**

Understanding the kindergarten environment, helping your children prepare for kindergarten and fostering a successful school experience is the goal of this class.

### **Mean Girls. . . And the Friends Who Think They Are "Cool"**

The poison culture of girls bullying, tormenting and ignoring can have devastating consequences. Gain insight into being part of the solution!

### **What Are Our Children Doing in the Digital Age?**

Technology has such wonderful advantages! However, there are multiple safety/legal issues of which children and teens may not be aware. This session will enlighten parents about the emotional as well as legal consequences of sexting and inappropriate use of social networking programs.

### **I Can Do It!**

Encouraging self-esteem, increasing motivation to help our children work against discouragement, and facing challenges are discussed in this important class.

### **Raising Children of Character**

Discuss strategies to teach kindness, respect, healthy decision-making and our own family values.

### **Setting Limits and Following Through: Effective Discipline**

Discussion includes effective positive discipline strategies, strategies which don't work and the wisdom to know the difference.

### **Rituals and Routines: Why Have Them?**

Morning and evening challenges abound from breakfast to bedtime. Learn the importance of routines and strategies to combat these trying times.

### **Social Emotional Health: How Parents Can Help!**

Brain research tells us that students cannot be successful without having positive social emotional health. Discussion how parents play a critical role and strategies to strengthen your child.

### **Whose Homework is it Anyway?**

Teaching children effective homework strategies, identifying parental role in homework environment, understanding learning styles and fostering a sense of responsibility are among topics discussed.

## **Changes in Family Life**

### **Being Mom and Dad: Four Week Series for Single Parents**

This series is designed to focus on the unique needs and issues facing today's single parents with emphasis on families who have experienced divorce. Topics include Co-Parenting, how divorce affects children and successful single parenting.

### **I Can Do It!**

Encouraging self-esteem, increasing motivation to help our children work against discouragement, and facing challenges are discussed in the important class.

### **Grandparents Raising Grandchildren**

While the reasons that require a grandparent to step in to the role of parent are varied, the challenges for grandparents are universal. This series includes a panel discussion, as well as discussion of emotions, and discipline and homework issues.

### **“Everyone’s Doing it! Why Can’t I?” : Managing Peer Pressure**

There are positives and negatives to peer pressure. Discuss strategies to combat the effects of negative peer pressures.

### **The Birds, the Bees, the Talk**

Parents can learn effective ways to discuss this delicate but important topic using real life, factual, non-embarrassing strategies to promote open communication between parent and child.

### **The Fast and the Curious: Understanding Your Pre-Teen’s Sexuality**

Parents of middle school students can learn effective ways to discuss this important topic with their emerging teens.

### **From Friends to Romance**

So now the children are looking at each other differently and noticing the opposite sex. Parents will learn effective tools about respect for self and others as they navigate this transition with their children.

## **Communication and Emotions**

### **Raising Children of Character**

Discuss strategies to teach kindness, respect, healthy decision-making and our own family values.

### **Creating Harmonious Nurturing Families**

Receive information to bolster self-esteem, strengthen relationships, and ensure stability in the family through communication and understanding.

### **Did We Win?**

Discussion includes positive and negative aspects of competition and creating an environment of gracefully winning as well as losing.

### **Keeping Your Cool in the Heat of the Moment: Managing Anger**

Explore ways to defuse anger and achieve a climate of peace, respect and harmony in your household

### **Helping Children Develop Social Skills**

Explore developmental expectations, developing conflict resolution skills, and problems solving strategies.

### **I Can Do It! Motivation or Self-Esteem**

Encouraging self esteem, increasing motivation to help our children work against discouragement, and facing challenges are discussed in the important class.

### **I Never Planned to Yell So Much! Effective Communication**

Learn effective ways to create an atmosphere of open communication while still establishing parental authority is the key to harmonious families.

### **Can You Hear Me Now? Communication Tools that Work**

True communication requires listening, paying attention to body language as well as expression ideas, needs and emotions. This class will explore ideas to improve communication in the family.

### **Pop Culture vs. Family Values: Powerful Forces on a Collision Course**

Teaching character traits and instilling certain family values is the basis for this timely topic giving parents the necessary tools to face pop-culture challenges.

## **Discipline and Responsibility**

### **He Hit Me First! Dealing with Sibling Rivalry**

This topic focuses on the growth of social and conflict resolution skills as well as creating a win-win situation in the charged atmosphere of homes with more than one child.

### **When Nagging Doesn't Work! Teaching Responsibility**

Identify areas in which you as the parent wish your child would take on more responsibilities, where you are comfortable giving up control and allowing children to make choices that parents can respect.

### **I Never Planned to Yell So Much: Positive Discipline**

Discussion includes effective positive discipline strategies, strategies which don't work and the wisdom to know the difference.

### **Trapped in a No-Win Situation? Reducing Power Struggles**

A positive and effective approach to encouraging responsibility while reducing the battle of wills between child and parent.

### **Whose Homework Is It Anyway?**

Teaching children effective homework strategies, identifying parental role in homework environment, understanding learning styles and fostering a sense of responsibility are the topics discussed.

### **Unplug the Plug: Limiting the Media Habit**

Learn ways to achieve the balance between media time and physical activity, creative use of time as well as family interaction.

### **Rituals and Routines: Why Have Them?**

Morning and evening challenges abound from breakfast to bedtime. Learn strategies to combat these trying times.

### **Dollar\$ and Sen\$e: Let's Talk about Allowance\$**

Simple allowances can help children understand and value money. Discussion includes when to give, how much to give, chores, spending, saving and responsibility with money.

## **Meeting the Needs of Parents**

### **Are We Too Busy?**

Discuss ways to create a balance between the wonderful opportunities of learning and becoming too busy to be successful.

### **Dad Says, Mom Says: Blending the Best of Both**

Men and women sometimes parent differently. Discussion will focus on responding to and managing those differences to benefit everyone in the family, especially the children.

### **Doing the Homework/Extra-Curricular/Family Time Boogie**

Learn ways to understand and decrease stress especially during high stress times of your life such as holidays.

### **Parental Guilt: Is It Dragging You Down?**

This discussion includes expectations for you as the parent, realistic goals, feeling overwhelmed and ideas to overcome those heavy desires to become a better parent.

### **The Juggling Act: Balancing Parenting and Career**

Develop skills for coping with stress and evaluating family priorities and responsibilities to create a more harmonious home.

### **Which Parent Are You? Understanding Parenting Styles**

Children don't come with an owner's manual. Learn about the different parenting styles and the effects on our children.

## **Safety**

### **How to Be Safe When Drugs Invade Our Community**

Learn how to talk with your children about drugs; the current drugs/substances on the streets; the signs of experimentation; and how to intervene with a child who is using.

### **How to Bully Proof Your Child**

Discussion includes strategies to help children set boundaries, walk away, and tell adults.

## **Understanding Your Child**

### **The ABC's of Parenting Children Birth to Five: Series of 6 Classes or Stand Alone Class**

Discussion includes developmental stages of early child, temperament, safety issues, setting limits, The Seven Deadly Stages of Early Childhoods, and discipline for our young ones.

### **May I Have Your Attention, Please? : Series of Four Classes for Parenting Children with ADD/ADHD**

This series builds on strengths of parents and child with attention on understanding challenges, recognizing needs of child and parents, developing positive atmosphere in home and school and finding different strategies which work.

### **Help! A Teenager Has Invaded My Child's Body! Series or Stand Alone Class**

Topics include normal adolescent development (physical, emotional, cognitive and social), peer pressure, friends to romance, communication, reducing power struggles, and discipline.

### **You Can't Make Me! Parenting the Strong Willed Child: Four Week Series**

Topics include understanding this not so unique temperament, creating a positive home/school environment, effective discipline and empowering both parent and child.

### **Are We Born That Way? Understanding Temperament**

Discuss includes understanding and parenting for all four different temperament styles, which are easy, slow to warm, difficult and strong willed.

### **I Gotta Be Me! Self-Esteem and Temperament**

Discuss ways to encourage individuality and support child's need to become who they need to become.

### **Understanding the Effects of Birth Order**

Learn ways to recognize birth order characteristics and how to respond to our children in more effective ways.

## **En Español**

### **ESL/GED**

Learn English as a second language and complete your GED through North Texas Four County Co-op.

### **Padres Unidos**

Join our Hispanic community every Tuesday evening to learn about and discuss in Spanish everyday parenting issues.

### **Plaza Comunitaria de Plano**

Complete elementary, middle and high school en Español and move on to university levels.