

Parenting is not an  
easy job for anyone.

### **Parenting Young Children Wisely**

You know that the early years are the best years for establishing positive, consistent and effective parenting. But then, children don't come with instruction manuals...

### **Parenting Adolescents Wisely**

Everyone agrees that teenage years can sometimes be a frustrating time for the whole family...

- Why do children/adolescents sometimes act the way they do?
- How can you encourage cooperation from your children/adolescents?
- What will improve relationships among family members?

### **Where and When?**

Six week Group Sessions are offered once a year at Powell River Child Youth and Family Services.

One-on-one sessions with facilitators are available as requested.

**For more information, or  
to register, please call:**

### **Powell River Child, Youth & Family Services Society**

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# Parenting Wisely

Powell River  
  
Child, Youth & Family  
Services Society

Phone: 604-485-3090

## Parenting Wisely



- **Parenting Wisely** is a computer-based interactive parenting program that is offered by Powell River Child, Youth and Family Services
- **Parenting Wisely** reduces child behavior problems, delinquency and substance abuse among adolescents, improves parenting knowledge and skills, and strengthens the relationship between child or adolescent and parent.
- Based on Functional Family Therapy (a cognitive behavioral systems approach), Parenting Wisely teaches parents skills to help better understand and deal with their children.

**Parenting Wisely** focuses on increasing understanding and communication among all members of the family.

**Parenting Wisely** has been proven effective at:

1. Increasing parents' knowledge about effective parenting skills.
2. Increasing use of positive parenting methods.
3. Decreasing children's problem behaviors.
4. Improving family relations, including parent-child bonding; reducing conflict; and improving communication.
5. Reducing teen and parental stress and substance abuse.
6. Increasing parental participation in additional parenting education.

## What happens at Parenting Wisely

Parenting Wisely consists of 6 sessions. Each two-hour session includes an interactive computer program where:

- Parents watch a scene showing a common daily problem involving young children or adolescents and their parents.
- Parents choose a solution to the problem that is most like what they would do in the situation.
- Parents watch and see how effective their solution was for the problem.

**This program is being used successfully with parents (including single parents, grandparents, foster parents, teen parents, and step parents) who would like to develop more effective parenting skills.**