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P.E.A.C.H.
(Producing Emotionally Adjusted Children)

PARENT EDUCATION CLASS SYLLABUS

- CLASS 1 CHILD DEVELOPMENT FROM BIRTH TO ADOLESCENCE**
Understanding Your Child's Needs at Different Ages
- CLASS 2 STRESS**
Recognizing and Dealing with Stress
- CLASS 3 ANGER**
Recognizing and Dealing with Anger
- CLASS 4 DISCIPLINE I**
How to Improve Your Child's Behavior without Yelling or Hitting
- CLASS 5 DISCIPLINE II**
Basic Essentials in Managing Children's Behavior
- CLASS 6 LIMITS & CHOICES**
Boundaries at Each Age Level
Other Child Management Skills That Work
- CLASS 7 REVIEW OF CLASSES 1 - 5**
- CLASS 8 SELF-ESTEEM**
Building a Positive Self-Image for Parent and Child
- CLASS 9 COMMUNICATION I**
Dealing with Negative Feelings
Talking So Others Will Listen
- CLASS 10 COMMUNICATION II**
Listening for Understanding
Conflict Resolution That Works
- CLASS 11 PARENTING STYLES**
How Yours Affects Your Children
- CLASS 12 COMMUNITY RESOURCES AND REVIEW OF CLASSES 7-11**