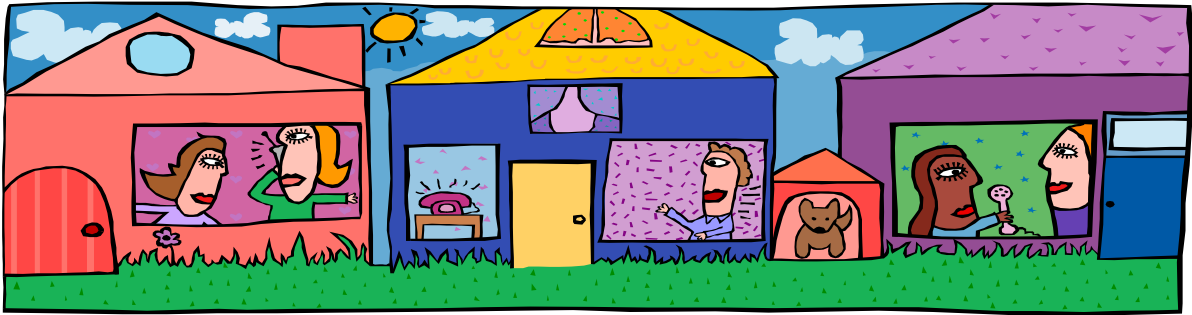


Peaceful Parenting in a Chaotic World



Peaceful Parenting in a Chaotic World is a series of seven parenting classes held throughout the 08-09 school year at PVCS. The classes are taught by Nora Zelov, a Parenting Coach for Peaceful Parenting, LLC. Nora has a combined degree in Child Psychology and Early Childhood Education.

The series focuses on bringing up children in today's society and teaches parents developmentally appropriate tools that can help you, as a parent, stop the chaos and begin enjoying your children and the true gift they are to your family. There will be Q&A time devoted to each class, so be sure to bring topics/issues relevant to your children and family life. Multiple classes will be held with day and night sessions so that both parents can attend when possible (which allows for you both to be a "united front" in parenting your children). Childcare will be provided free of charge. Class space fills up quickly and is limited to 10 families (20 adults).

Session Times/Dates/Fees

Sessions focusing on children 0-5 years of age will be held on the second week of each month (starting in September, skipping November and December, resuming January thru May) at the following times: Monday 5:30-7pm, Tuesday 3-4:30pm, or Thursday noon-1:30pm.

Sessions may be signed up for individually for \$25 per family per session (free childcare is included in this price). A discounted price of \$150 (you get a free class) will be offered to families who pay for the entire series by August 11th. Cash or checks to Nora Zelov please through Melanie at PVCS or mailed to 2301 E Topeka Dr, Phoenix, AZ 85024 (please include registration form).

Session Topics

Peaceful Parenting in a Chaotic World: General parenting philosophies and practices will be discussed with an emphasis on 3 main "must knows" when it comes to parenting. Don't miss this one as it is a good basis for the other classes.

How to Communicate with and Discipline Young Children: (three part series)

- How to Stop Inappropriate Behavior Before it Starts/Sleep Issues in Children: This session will give you tools to help you understand what inappropriate behavior is, when it is likely to happen and how to prevent inappropriate behavior.
- Once Inappropriate Behavior Occurs, Now What? This session will focus on specific techniques in dealing with inappropriate/unwanted behavior.
- The Plan/Family Rules: This session will focus on why a family plan is necessary and how to set one up.

Nutrition and Potty Training.... A natural pair! This class will focus on tips for getting your children to eat right and how to learn to use the potty. .

New Sibling Adjustment and Sibling Rivalry: Everything you need to know about siblings.

The 411: Tips/info on everything from bedtime, to TV watching, to getting you and your family organized.

Registration Form for Peaceful Parenting Classes

Name of Parent/Parents Attending _____ Phone # _____

Email address _____

Please check which classes you will be attending: Entire session _____ or
(check month and circle day) Sept _____ M/T/TH Oct _____ M/T/TH Jan _____ M/T/TH
Feb _____ M/T/TH Mar _____ M/T/TH April _____ M/T/TH May _____ M/T/TH

Cost: \$150 for entire session if paid by 8/11/08 or (# of classes x \$25) _____

Dates childcare needed _____

Number of children (and ages) childcare needed for: _____

**Cash or check payable to Nora Zelov (drop off in Melanie's office at PVCS with registration, or mail in to 2301 E Topeka Dr Phoenix, AZ 85024)