



# Parenting ON PURPOSE

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VIRTUAL



IN-PERSON



JANUARY	FEBRUARY	MARCH	APRIL
<b>Introduction to Parenting on Purpose</b>   TUE. 01/28  WED. 01/29	<b>Building Strong Parent-Child Relationships</b>   TUE. 02/25  WED. 02/26	<b>Positive Discipline &amp; Behavior Management</b>   TUE. 03/25  WED. 03/26	<b>Emotional Intelligence &amp; Regulation</b>   TUE. 04/22  WED. 04/23
MAY	JUNE	JULY	AUGUST
<b>Effective Communication &amp; Conflict Resolution</b>   TUE. 05/27  WED. 05/28	<b>Nurturing Self-Esteem &amp; Confidence</b>   TUE. 06/24  WED. 06/25	<b>Parenting Through Transitions &amp; Challenges</b>   TUE. 07/22  WED. 07/23	<b>Fostering Independence &amp; Responsibility</b>   TUE. 08/26  WED. 08/27
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<b>Promoting Healthy Relationships &amp; Social Skills</b>   TUE. 09/23  WED. 09/24	<b>Cultivating Resilience &amp; Coping Skills</b>   TUE. 10/21  WED. 10/22	<b>Parenting in the Digital Age</b>   TUE. 11/18  WED. 11/19	<b>Encouraging Creativity &amp; Lifelong Learning</b>   TUE. 12/16  WED. 12/17

Parenting on Purpose is a 12-class educational group that focuses on developing your skills as a parent, understanding the ages and stages of childhood, and providing you with the tools and strategies needed to help you successfully navigate the challenges and joys of being a parent. Classes will be held monthly both virtual and in person. Cost is \$25 per class and can be covered by most insurance as group therapy. Co-pays will apply. Space is limited to 15 participants per class. To register, please visit our website: [www.everyageeverystage.com](http://www.everyageeverystage.com) to select which classes you would like to join. You can also contact your clinician to add you to the class.



## Class Descriptions:



### CLASS 1: PARENTING ON PURPOSE

Participants will understand the concept of intentional parenting, its importance, and how different parenting styles impact child development across stages. They will begin to explore what they really want for their children and will begin with the end in mind regarding their own parenting journey.



### CLASS 2: BUILDING STRONG PARENT-CHILD RELATIONSHIPS

Participants will learn how to nurture secure attachments, communicate effectively, foster empathy, and create meaningful connections with their children. They will discover the joys of having strong parent-child relationships.



### CLASS 3 POSITIVE DISCIPLINE AND BEHAVIOR MANAGEMENT

Participants will learn strategies for setting clear expectations, boundaries, and consequences. They will understand the principles of positive discipline, reinforcement, praise, and reward while using proactive behavior management and addressing challenging behaviors with empathy.



### CLASS 4: EMOTIONAL INTELLIGENCE AND REGULATION

Participants will understand the concept of emotional intelligence (EQ) in child development. They will learn strategies to promote emotional awareness, healthy expression, and self-regulation in children. We will explore ways to teach coping skills, problem-solving techniques, resilience with practical tools and activities.



### CLASS 5: EFFECTIVE COMMUNICATION AND CONFLICT RESOLUTION

Participants will learn how effective communication is a cornerstone of strong parent-child relationships. The focus of this class is to equip parents with strategies to foster stronger relationships with their children, resolve conflicts constructively, and positively influence their child's development.



### CLASS 6: NURTURING SELF-ESTEEM AND CONFIDENCE

Participants will learn the importance of self-esteem in children's overall development, identify strategies for promoting a positive self-image, how to foster resilience, finding effective ways to praise and validate with unconditional love and encouragement.



### CLASS 7: PARENTING THROUGH TRANSITIONS AND CHALLENGES

Participants will learn how to navigate significant life changes such as moving, divorce, or the death of a pet or loved one and understanding the impact these events have on children. We will also learn how to deal with everyday struggles like, meals, chores, homework, and bedtime.



### CLASS 8: FOSTERING INDEPENDENCE AND RESPONSIBILITY

Participants will understand the importance of fostering independence and responsibility in children by learning strategies for teaching age-appropriate life skills. You will gain tools to encourage independence, problem solving, decision making and self-sufficiency.



### CLASS 9: PROMOTING HEALTHY RELATIONSHIPS AND SOCIAL SKILLS

Participants will learn tools and strategies to help their children develop appropriate social skills enabling them to get along with all types of people. They will learn skills that create healthy relationships and friendships that promote trust, respect, kindness, cooperation and empathy.



### CLASS 10: CULTIVATING RESILIENCE AND COPING SKILLS

Participants will understand the concept of resilience and its role in children's development. They will learn strategies to foster resilience, stress management, adaptability, and problem-solving skills in children while cultivating optimism and a growth mindset.



### CLASS 11: PARENTING IN THE DIGITAL AGE

Participants will learn strategies for setting healthy boundaries and managing screen time. Gain tools to promote digital literacy, online safety, and responsible technology use. Explore the impact of social media, gaming, and internet use on children's development and well-being.



### CLASS 12: ENCOURAGING CREATIVITY AND LIFELONG LEARNING

Participants will understand the role of creativity and curiosity in child development. They will learn strategies to foster a love of learning at home, explore methods for balancing structured education with unstructured play, and discover ways to support children's individual interests, talents, and passions.