

“No discipline seems pleasant at the time . . . however, it produces peace for those who have been trained by it.” Hebrews 12:11



Welcome Parents! Music & Reading! Everyone participates ~



Toddler Behavior – fostering a spirit of cooperation (adapted from Dr. Jordan Peterson)

- ◆ Setting boundaries without ‘crushing’ independence -- AND keep to them
 - Having a sense of humor when child pushes back
 - Have a set of rules that never change, non-negotiable, enforcing rules
 - Can I get away with this at grandma’s? ☺ Or a friend’s house? Everyone should be on the same page
- ◆ Teach your child to ‘integrate’ him/herself, cooperate with others outside home
 - Catch them cooperating and especially improvement & affirm asap!
 - Friends will help them socialize, welcoming kids into the play group
 - Victory is when your child can regulate themselves, bring themselves under control. Starting with a timer can work but then have them decide when they’re ready to master his/her emotions
- ◆ Make space to master a disciplinary issue
 - Slot machine addiction! Eventually it pays off -- similar to a kid’s persistent misbehavior.
 - Establish ‘islands of stability’ in a child’s life and don’t randomly give in.
 - Not too many rules consistently applied, minimal force & plenty of patience
- ◆ Don’t worry about what others think!
 - Sensitive to the social situation so kids don’t attract negative attention
 - Interaction with your child should never be about what others think, attending mostly to what’s best for your child, decreasing the self-consciousness you might feel around others.
 - If you do the right thing for your child, you will be a good example all the way around.
- ◆ Don’t do tasks for your child that he/she can do themselves.
 - Fosters & supports independence
 - Develops a child’s confidence – reward should be for extra effort
 - Don’t mistake misbehavior for mishap -- <https://www.focusonthefamily.com/parenting/misbehavior-or-mishap/>



Establishing Strong Roots



FPRC Parenting Class – June 2025



**Foothills Pregnancy
Resource Center**

A State-Licensed Medical Clinic

Parenting Classes Offered to the Clients of Foothills Pregnancy Resource Center



Hope you can join our upcoming fall 2025 parenting classes where we discuss fun and creative parenting strategies! We meet each month at FPRC typically the 2nd Tuesday at 10:30AM. The session is about 1 hour, to include snack, craft/activity for kids & handouts to take home. This is geared for moms, dads or guardians needing some ideas, encouragement & to realize you're not alone!

Tuesday September 9th

Tuesday October 14th

Tuesday November 11th

Tuesday December 9th

Classes will be 10:30 – 11:30 ... PLAY AREA FOR KIDS in the Lobby!

We'll have a raffle for a chance to win a gift card for those who RSVP! **

Location: FPRC, 924 Buena Vista St., Suite 202, Duarte - - 626-358-2122

** PLEASE RSVP by calling FPRC - - leave your name with the receptionist or voicemail!

OR better yet, email barbarawiltsey@gmail.com