

Building Better Families Through  
Action presents

## **A Parent's Toolbox**

**Building Socially &  
Emotionally Intelligent,  
Resilient & Confident  
Children**

**Kimber Bishop-Yanke**

Girls Empowered/Boys Empowered

[www.girlsempowered.com](http://www.girlsempowered.com) [www.boysempowered.com](http://www.boysempowered.com)

### Program Information

**4 sessions:**

**October 29, November 5, 12, 19**

**Sign up for one or all 4!**

**Program is for parents of elementary  
age boys and girls!**

**Gary M. Doyle Center  
7275 Wing Lake Road  
Bloomfield Hills, Michigan  
10:00am—11:30am**

**Materials will be provided**

### Session 1—October 29, 2009

**The Building Blocks of Social & Emotional Intelligence** Learn over 30 ways to create an environment for your child that builds confidence, self-worth and personal power. Learn ways to be your child's guide through sticky situations while helping them build healthy friendships and relationships with other kids, take opportunities, and build a positive internal belief system. Parenting styles and specific things to do with children to empower them will be included.

### Session 2—November 5, 2009

**Stop the Meanness! Spread the Kindness!** Help your child learn how to handle relational aggression, conflict and bullying. We will cover social roles, teasing, mean kid behavior, gossip, exclusion and strategies to handle these issues.

### Session 3—November 12, 2009

**Assertiveness Boot Camp** Being assertive is a life skill every kid needs to have to: deal with bullies, negotiate, handle conflict, set boundaries, be taken seriously and get their needs met. Parents will learn about the different communication styles and how to help their children be assertive in their words, voice and body language through role-playing and interactions.

### Session 4—November 19, 2009

**Sibling Teasing, Conflict & Sibling Bullying** Teasing and bullying can cause more harm than the teasing kid or bully at school. Don't know what to do about sibling conflict? Learn strategies for setting boundaries for your kids to minimize sibling rivalry, conflict & meanness. Learn how to support each child to help them become happy, confident and empowered children!

**Registration—Please fill in all the information below.**

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Sessions are \$20 each or \$70 for all 4. All materials are included.**

Please check the session(s) you will attend: Session 1  Session 2  Session 3  Session 4

**BBFA**

Building Better Families  
through Action

Mail registration form and check made payable to BBFA to:  
BBFA, 7275 Wing Lake Road, Bloomfield Hills, MI 48301 or  
register online at [www.bbfa prevention.org](http://www.bbfa prevention.org)