

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:**

**January 10, 17, 24, 31**

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

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

**Baldwin Public Library**

**300 W. Merrill**

**Birmingham**

**10:00am—11:30am**

**Materials will be provided**

#### **Session 1—January 10, 2012**

**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—January 17, 2012**

**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—January 24, 2012**

**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—January 31, 2012**

**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!

**Register Now!**

Name \_\_\_\_\_

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

**Sign up in advance for all 4 sessions for \$50 or individual sessions for \$15. \$20 per session at the door.  
Current BBFA members receive a 10% discount.**

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

Mail registration form and check made payable to **BBFA** to:  
**BBFA, 7275 Wing Lake Road, Bloomfield Hills, MI 48301 or**

register online at **www.bbfaprevention.org**

**BBFA**

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