

**I'M INTERESTED!!**  
**NOW WHAT DO I DO?**



**It's Simple:**

1. Call the Family & Children First office at 740-376-7081
2. Tell the staff that you would like to sign up for Parenting Wisely
3. You may come anytime between 9:00 am and 5:00 pm Monday through Thursday (Note: for working parents, you can arrive by 5:00 and we will remain open to assist you).
4. Arrive at the Family & Children First office at 344 Muskingum Drive in Marietta at your scheduled date and time.
5. Office staff will assist in setting you up on the computer.
6. When you are done, staff will help you wrap it up and give you a workbook and certificate.

**Time Commitment:**

You can complete the program in only 1 1/2 to 3 hours!



**Project sponsored by**

*Washington County  
Family & Children First  
Council's  
PARENTING TASK FORCE:  
a collaboration of agencies  
and schools.*

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Wisely program provided by  
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Fund.*



**Family & Children First**

**Washington County  
Family & Children First  
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**Find us on Facebook!**

**PARENTING WISELY**



**PARENTING .... Is not an  
easy job for anyone!**

**Why do children and teenagers  
act the way they do?**

**How can you encourage coop-  
eration from your children?**

**What will improve relationships  
among family members?**

# PARENTING .... IS NOT AN EASY JOB FOR ANYONE!

**The most important job you will ever have in your life is the job of Parenting!** We are trained to drive a car, pass tests to graduate, trained for our careers...yet no one gives us the tools and training we need to be awesome parents!

Now parents of children ages 3-18 can access FREE, short, and effective parenting skills training at a time convenient for YOU!



## PARENTING WISELY IS:

- FREE!
- OPEN TO THE PUBLIC!
- BRIEF and TO THE POINT!
- PRIVATE!
- AT YOUR CONVENIENCE!
- GUARANTEED RESULTS!

\*\* Choose from 2 programs:  
Young Children or Adolescents

Simply put, Parenting Wisely (PW) is a parenting skills education system. Parenting Wisely is designed to facilitate the learning of necessary skills for the healthy well-balanced raising of children from ages 3 to 18. Proven to reduce problem behaviors and increase communication and family unity, Parenting Wisely offers well documented and tested programs that guarantee results.

PARENTING WISELY is an evidence-based parenting program that utilizes an interactive CDROM program to teach:

- Assertive discipline
- Using “I” statements
- Setting Consequences
- Contracting
- Active Listening

## Proven Effective

Extensive research shows that use of Parenting Wisely resulted in:

- Increased knowledge & use of good parenting skills
- A decrease in child behavior problems
- Improved problem solving

## How does it work?

Parents have access to a private computer (you don't even need to know anything about computers!). You can go at your own speed as you learn in a comfortable, private atmosphere.

You will watch scenes of common daily problems; choose a solution; watch and see how effective your solution was!

The easy to apply principles taught in this brief session are quickly learned and put to use. A staff member is always nearby if you have any questions.

Once you complete the session, you will be given a Workbook to take home with you to reinforce what was learned. You will also be given a certificate showing that you completed the program!

