

# Parent Education

Helping good parents become great parents.



## What is the hardest job in the world?

The one we do the minute our feet hit the ground 24/7 with no “introductory period,” no vacations or even time off for good behavior? Parenting.

## No license or fee is required.

But no instruction book is available either. Parents face this most important job with very little training or preparation. Loving our children isn't enough. We need skills.

## All children have behavior problems.

Did you know that 70% of toddlers have at least one temper tantrum a day? There is no such thing as a perfect child.

## There is no such thing as a perfect parent.

We all can be better. By learning the most effective parenting approaches, parents can reduce their children's behavior problems and can strengthen their social, emotional and academic competence. The pay-offs are incredible: responsible, respectful, awesome kids who become wonderful adults someday—AND you can have a great time in the process. Parenting can be really fun!

Follow CAPS on YouTube at  
CAPS of Salina Parenting Education.



At CAPS, we strive to help good parents become great parents, and great parents become even greater.

The drill should be: Take a parenting class on a regular basis. We get our cars tuned and our teeth checked—why not our family lives?

Without planning, a goal of a warm, close-knit family can end up like most New Year's resolutions...forgotten in a few weeks. Children deserve better. Parents deserve better.

As Gerald Newmark, Ph.D., author of *How to Raise Emotionally Healthy Children* believes...

*“Parenting is too important and complex to leave to chance. Given the goal of developing emotionally healthy children, a more professional approach will increase the probability of doing so and will additionally contribute to the emotional health of the parent. To remain amateurs, means to continue a random approach, which results in inconsistency, unnecessary stress, and frustration for both child and parent. As amateurs, some parents succeed better than others, but all are underachievers in regard to what they could accomplish.”*

Parents need a plan. What does that plan look like? It looks like a CAPS parenting class. We have a great time, have snacks and CAPS provides free childcare.



**A PROGRAM OF CHILD ADVOCACY & PARENTING SERVICES, INC.**

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