

# Positive Solutions for Families (PSF)

## FREE Parenting Series for Preschool Parents!



*Positive Solutions for Families (PSF) is an evidence-informed seven-part series of workgroups. Parents and caregivers will learn how to use positive approaches and effective parenting techniques to improve interactions with their child(ren), which in turn will support social and emotional development and address challenging behaviors.*



### Session Dates:

**(All sessions will be held virtually via TEAMS link; Attendees are asked to attend all sessions provided)**

**Session 1: Thursday 02/02 5:00-6:30pm**

**Session 2: Thursday 02/09 5:00-6:30pm**

**Session 3: Thursday 02/16 5:00-6:30pm**

**Session 4: Thursday 02/23 5:00-6:30pm**

**Session 5: Thursday 03/02 5:00-6:30pm**

**Session 6: Thursday 03/09 5:00-6:30pm**

**Session 7: Thursday 03/16 5:00-6:30pm**

**MUST SIGN UP IN  
ADVANCE TO ATTEND!**

**TO RESERVE YOUR  
SPOT PLEASE CALL or  
EMAIL:**

**Karla Naanep**

**Phone:**

**(619) 425-9600**

**Extension- 181492**

**Email:**

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### Overview of Topics Covered

**Session 1: Making the Connection:** Talk about building positive relationships with children and the power of positive encouragement.

**Session 2: Keeping It Positive:** Learn how to use playful interactions to strengthen connection and understand how positively stated directions can help manage challenging behavior.

**Session 3: Behavior Has Meaning:** Become a behavior detective by practicing ways to determine the meaning of behavior and what influences it.

**Session 4: The Power of Routines:** Discuss how to set up successful routines and transitions through use of preventive strategies.

**Session 5: Teach Me What To Do!:** Learn how to teach emotions and feelings while promoting anger management and problem-solving skills.

**Session 6: Responding With Purpose...** Discuss how we can respond (in a positive way that works!) when challenging behaviors occur.

**Session 7: Putting It All Together With a Plan.** Review past sessions and strategies while discussing best practices on prevention, teaching new skills, and responses to challenging behavior. Leave with a personalized plan for your child's behaviors.