



## Hispanic Women's Organization of Arkansas

### Parenting Class Calendar 2021

Thursdays from 6:00pm-8:00pm

614 E. Emma Ave. Ste. 231. Springdale AR. 72762

Phone: 479-751-9494

#### January

- 7- Responsibilities of a parent: Emotional, physical, social, and educational
- 14- Effective communication is a skill you must work for- communication between parents
- 21- Manage your stress before it starts to manage you!- Stress management for parents
- 28- What's going on in the teenage brain? -Preparing for adolescence

#### February

- 4- Teaching children to follow directions- Rules and expectations
- 11- Raising resilient and confident children
- 18- Childhood development: What you need to know for proper development
- 25- Healthy relationships: Learning to create limits with your partner

#### March

- 4- Managing your family's finances responsibly
- 11- Being a parent is not easy- Adjusting to parenthood
- 18- Don't let anger define you- Anger management
- 25 **No class: Spring break**

#### April

- 1- Social and family problems with alcohol and drug abuse
- 8- Single mothers and fathers- Raising your children responsibly
- 15- Keeping children safe at home and in public
- 22- Child abuse
- 29- Preparing to appear before a judge in court

#### May

- 6- Getting ready for the newborn baby
- 13- Bulimia and anorexia in children & adolescents
- 20- Improving communication with your children
- 27- Living in a digital age- children and technology

#### June

- 3- A healthy child is a happy child- Nutrition and physical activity
- 10- Teen pregnancy prevention
- 17- Special needs children in the family- Facing challenges
- 24- Autism and ADHD in children

#### July

- 1- Stress management for children and adolescents
- 8- The use and abuse of drugs in children and adolescents
- 15- The importance of family
- 22- Adolescent sexual education: Myths and realities
- 29- Teens- Responsibility and independence

#### August

- 5- There is no guide to parenting, but we can help!- General parenting instructions
- 12- Interpersonal relationship with your partner
- 19- Parental involvement in child's education
- 26- Preparing your children for college: Scholarships

#### September

- 2- Developing a healthy self-esteem and how to deal with bullying
- 9- Divorced parents sharing custody
- 16- Living in a digital age: Children and technology
- 23- Gender equality
- 30- Mental health in children and adolescents

#### October

- 7- What is family?- Types of families and its importance
- 14- Financial education- Managing your finances responsibly
- 21- Anger management for children and adolescents
- 28- What is LGBTQ+?

#### November

- 4- The grief process- How to handle loss in our lives
- 11- Single mothers and fathers, in pursuit of quality emotional health in their children
- 18- My child doesn't listen... What do I do?
- 25- **No class: Thanksgiving**

#### December

- 2- Depression in children and adolescents
- 9- Rape culture- What is it and how to fight against it?
- 16- Children and chores
- 23 **No class**
- 30 **No class**