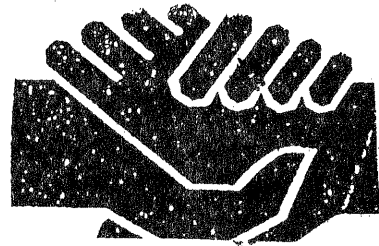


# P.R.I.C.E.



Positivity Responsibility Influence Consequence Encouragement  
*Communication Skills are Necessary Life Skills That Never End*

## “PARENTING PRINCIPLES & COMMUNICATION” (CHD 227) P.R.I.C.E. Philosophy

The P.R.I.C.E. philosophy is an **unswerving** belief that change in parents and children is **possible** and can occur at any moment with training, willingness and support. P.R.I.C.E. embodies the spirit of parents learning from each other in order to **create families** that are supportive, caring and nurturing. P.R.I.C.E. opens the door to new insights, ideas and practices and instills a sense of **positiveness** in parents. This **positive confidence** is what children begin to identify and incorporate into their lives. If indeed, children are the **eyes** of the future, then their parents are **responsible** for fostering a clear, loving and peaceful vision. P.R.I.C.E. is one step to building that vision.

**What:** P.R.I.C.E. is a unique ten session course designed to teach basics of positive parenting. Unlike other parenting programs, P.R.I.C.E. has been streamlined and simplified to deliver maximum impact in a short period of time. Skills taught include:

- 1) assertive communication or alternatives to yelling and hitting
- 2) limit setting
- 3) follow through
- 4) logical consequences
- 5) self-esteem
- 6) responsibility
- 7) chores & money
- 8) family dialoguing
- 9) talking & listening
- 10) review and graduation



Participants discuss and practice these skills in class, before applying them each week at home. All receive a PARENT PACKET of P.R.I.C.E. materials and an official certificate of completion.

**When:** P.R.I.C.E. is conducted once a week for 10 weeks from 6:00-7:50 at Ruth Brown School Rm #29 behind the office- 241 N. 7<sup>th</sup> St.  
Class begins: Tuesdays January 15 thru March 19, 2013.  
(Child Care Available)

**Trainers:** Louise Alford and Trudy Conley  
**Register now at Palo Verde College:**  
Cost.....1 unit \$46<sup>00</sup>

For more information call:  
Palo Verde College 921-5500



Free to parents of Palo Verde Unified School District students  
*Any adult, parent, teacher, instructional aide, noon supervisors, school personnel, non-parent, grandparent, or child care provider will benefit from this class.*