

Parenting Strategies

Parenting Strategies is a 5-week session designed for parents/guardians who are interested in learning helpful parenting strategies. This course will also address specific techniques for effectively managing the behavior of children who experience emotional or behavioral dysregulation..

In this group parents will practice skills and have the opportunity to get consultation from the group members and co-leaders in a supportive, non-judgmental environment.



Group Co-leaders:

Daryl Rynning MS Ed. BCBA, LBA has been working as a Special Education teacher and Board Certified Behavior Analyst with children, families, teachers and administrators since 1989. She has been part of the Shrewsbury Public School District since 2008. Ms. Rynning specializes in identifying environmental variables that may be contributing to problem behavior and creating individualized support plans.

Kimberlee Kusiak MD is a Child and Adolescent Psychiatrist who has been practicing for over 25 years. She consults to multiple school districts and has been consulting to the Shrewsbury Public Schools since 2010.

For further information contact:

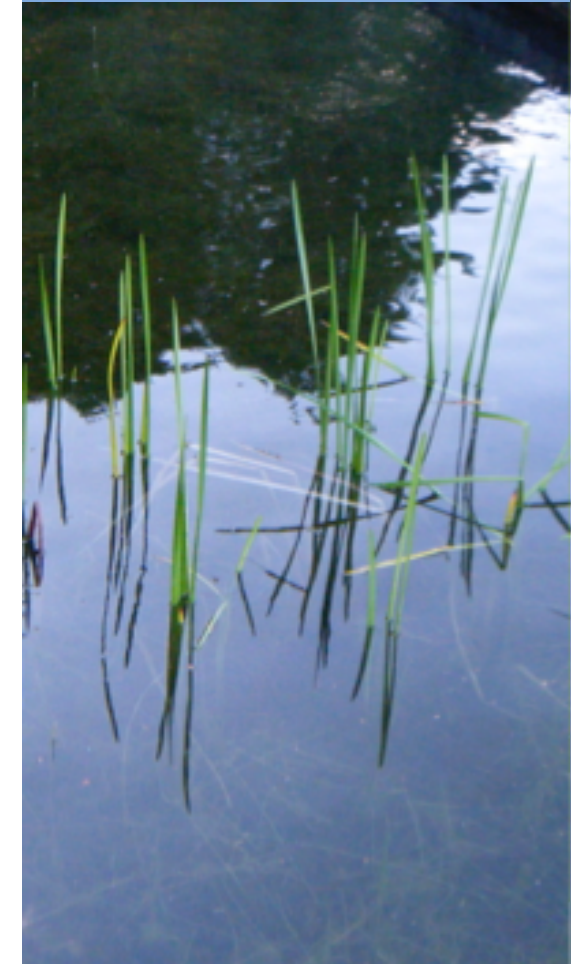
Daryl Rynning at:

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Acceptance

Balance

Change



5-week course

Parenting Strategies

Information About Group

❖ Commitment to attend all 5 sessions is strongly recommended as the skills and concepts taught will be built upon those learned the previous weeks. Regular attendance also allows the group to become more cohesive allowing for more effective consultation between members.

This group is open to all Shrewsbury parents and guardians and is offered by the Shrewsbury School Department free of charge.

❖ This group will run for 5 weeks. Meetings will be held in the "Bent Presentation Room" which is located in the Shrewsbury High School at 5 Holden Street. Meetings will run from 6 PM- 7:30 PM on Tuesday nights.

Working toward balance.

Groups are exclusively for parents and guardians and are run with a curriculum format more than "processing and sharing".

The content of this group will include 1) Neurobiology of Emotion 2) Validation Skills 3) Effective Communication 4) Assessment of Problem Behaviors 5) Basic Principles of Reinforcement 6) Strategies to Change Behavior 7) Anxiety and Strategies for Helping a Child with Anxiety

Winter 2020 Course Schedule

All classes will be on Tuesday

January, 14th, 21st, 28th

February 4th, 11th

March 3rd – Make-up if a class needs to be cancelled

Goals of this group include: 1) educating parents on the biosocial theory and the interaction between emotional vulnerability and an invalidating environment 2) teaching new methods of communication to create a mutually validating environment 3) decreasing judgmental thinking 4) providing a safe environment in which to work on these goals 5) Basic knowledge of the ABC's of behavior 6) learn what strengthens and weakens behavior 7) strategies to change behavior

