

# Foundations of Effective Parenting



## What is the right kind of parenting relationship to have with your child?

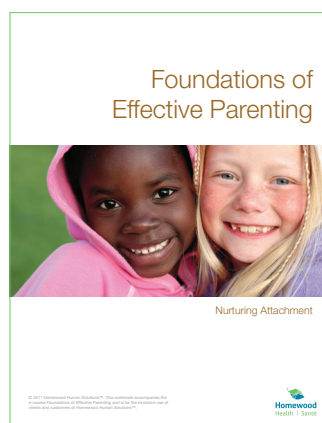
This course is about developing parenting practices that guide your child's healthy development and provide opportunities for learning and growth. The course is about building a strong attachment and connection with your child as well as developing skills that encourage appropriate behaviour and help you resolve parent-child conflicts.

### Course Contents

- How to encourage the development of empathy, decision-making skills, communication skills, accountability, responsibility, self-confidence and self-belief.
- When to use charting and behaviour contracting to encourage appropriate behaviour and discourage inappropriate behaviour.
- How to maintain a role in your child's development as peers and other factors (e.g. internet, media) become increasingly influential.

### Additional Features

- Self-guided workbooks for completing offline.
- Resources for continued learning.
- Course certificate can be printed following successful completion of course learning quiz.



**ENROLL NOW!**

Enrollment may be covered by your benefit plan employee assistance services. Our website will help you determine this. To register, learn more about this course or learn about other courses we offer, visit Member Services at [www.homewoodhealth.com](http://www.homewoodhealth.com).

Estimated time to complete this course is 2 hours (60 minutes online; 60 minutes of printed workbook material).



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