P.E.T.

Parenting made easier

Parent Effectiveness Training

Whether you're the parent of a toddler or a teenager, you know that parenting can be challenging—even overwhelming at times.

Unfortunately, children don't come with an instruction manual. And, being a parent doesn't always mean that you automatically or instinctively know what to do.

Parent Effectiveness Training (P.E.T.) offers proven communication skills that really work. When they use these skills, parents are amazed with the dramatic improvement both in their families and in all their relationships.

Fewer power-struggles, less tensions, less resentment and more peaceful families

What you will learn

The four basic skills every parent needs are:

1. How to talk to your children so that they will listen to you.
2. How to listen to your children so they feel genuinely understood.
3. How to resolve conflicts and problems in your family so that no one loses and problems stay solved.
4. A method for troubleshooting family problems and knowing which skills to use to solve them.

Who should attend

P.E.T. is for parents and carers of children of all ages. Naturally, special considerations have to be made for preverbal children, which is covered in the workshop.

About the instructor

How you and your family will benefit

- Your children will feel free to discuss their problems and concerns with you instead of withdrawing.
- They will learn self-discipline, self-control and an inner sense of personal responsibility.
- You will learn how to work with each other instead of against each other.
- You'll experience fewer angry outbursts and more problem-solving.
- Everyone can participate in rule-setting so all will feel motivated to comply with the rules.
- Fewer power struggles—less tension, less resentment, more fun, more peace, more love.