

Parent Effectiveness Training



More Peace in Your Family

Learn how to raise thoughtful, independent people who can solve their own problems. With her relatable candor & practical advice Kelly Meier, Certified Instructor & Mom of 2, leads the class in a friendly, easy to apply way. Parent Effectiveness Training doesn't blame and it doesn't shame. Kelly believes there is no "right way" to parent only the "right way for you." This class will help you learn how to communicate better & help you feel more confident as a parent, instill responsibility and create a nurturing family environment in which your children can thrive.



Spring DATES!

Courses runs eight full weeks at 3 hours per class. Parents will graduate with not only solid concepts and ideas, but tangible skills to implement right away.

Scripps Ranch – Waldgrove PI

Starting Tuesday, March 5 – April, 30th 2019

(No Class March 26th)

9:30 am – 12:30 pm

- from puzzlement and frustration to **understanding.**
- from tantrums, arguments, defiance to **cooperation.**
- from rude indifference to **initiative & responsibility.**
- from anxiety and helplessness to **confidence.**
- from anger, hurt, resentment to **respect, trust and love.**

Investment: \$29700 per person, \$449.00 per couple (includes text, workbook) approximately \$30.00/class or \$11.00/hr

To Register: www.respectfulparent.com/petcourse
Kelly Meier (619) 876-8402 • Kelly@RespectfulParent.com

How Will P.E.T. Help You?

- Recognize 'who owns the problem'
- Listen so the other feels understood
- Assert their needs without blaming or putting down others
- Handle conflict so both parent and child can live with the outcome – “no-lose problem solving”
- Avoid the use of punishments or rewards
- Skills for resolving values collisions

How You and Your Family Will Benefit:

- Your children will feel freer to discuss their problems and concerns with you (less shoulder shrugging, more mutual understanding, respect).
- They will learn self-discipline, self-control and an inner sense of personal responsibility (fewer tantrums, more initiative, and independence).
- You will learn how to express the impact your children's unacceptable behaviors have on you without blaming or shaming them (less resistance, much more cooperation).
- You will experience fewer power struggles (more fun, appreciation, and love!)

“Kelly has a knack for coming up with the right explanation that brings clear understanding to complex ideas. She “gets” parenting and it shines through in her class. It’s one thing to understand something, it’s another to successfully integrate into your life. This class was able to do that for me.” – Maryann Jacobsen, Mom of two, Author – Fearless Feeding: How to Raise Healthy Eaters from Highchair to High school

*"In the past few weeks, both boys are asking for more family time because they want to be together. To me, that is a perfect illustration of harmony. The very thing I set out to obtain."
-Kelly Melancon, Mom of two ages 10 and 7, Jerabek FFO*

"Kelly is very open and real, she brought examples and stories to teach and she modeled the skills in class constantly. This course helped open my eyes to how to listen, which has completely changed my relationship with my kids." - N, step-parent of two - 7 yrs and 9 yrs

"This class has been a relationship saver for my family. I now try to solve problems together instead of doing it myself and forcing it on my family." - Heather, Mom of a teenager

"I learned more in just a few hours of PET training with Kelly than I did taking an entire Redirecting Children's Behavior (RCB) parenting course! The methods are particularly well-suited to meet the challenges of parenting gifted children. Their sensitive and highly perceptive natures respond well to this positive and respectful approach to parenting. " - Mary Ann Hawke Ph.D., Chair, GATE District Advisory Committee, SDUSD, Mom of two – 6 yrs &, 18 yrs old

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