

## **Join the P.E.T Roots and Wings Parenting Program and Become an Effective Parent**

Raising kids can be a challenging task. In addition to providing basic needs, parents have to mold their children into responsible and successful people. While this is something we're not born knowing how to do, it's possible to master the art of good parenting with a little help.

Roots and Wings Parenting is excited to be launching a new program that gives useful advice, information and skills on good parenting. This parenting and training program will be based on the Parent Effectiveness Training (P.E.T) philosophy developed by Dr. Thomas Gordon, an award-winning psychologist and 3 times Noble Peace Prize nominee.

Roots and Wings Parenting believes that the greatest gifts we can give our children are roots to grow and wings to fly. So, take part in this program to gain more knowledge on how you can become a better parent.

### **A General Overview of What P.E.T Entails**

The P.E.T. program has been around for more than six decades. Dr. Thomas Gordon taught the first course in 1962 by training parents on how to communicate effectively with their children. He also offered a step-by-step guide on how to resolve conflicts so that everybody wins. Today, this course has become an invaluable resource for millions of parents around the world.

Parents have a lot to learn in P.E.T. The program imparts children with positive leadership skills such as resilience, confidence, and the ability to solve problems. When you sign up for this training, you'll learn how to parent without having to resort to the 'rewards and punishments' method. Both parents and children also get valuable lessons on listening skills. The course offers tips for dealing with family conflicts so that there is always harmony in the household.

P.E.T offers the following benefits to parents who choose to take part in the program:

- You'll learn how to deal with children's changing behavior as they grow older.
- Get proper parenting information that will help you influence your children and foster a strong relationship with them.
- Learn how to collaborate in the family rather than working against each other.
- Teach your kids to confront their problems and solve them.
- Create an environment where kids are free and unafraid to talk about their problems and concerns.
- Master the art of communicating properly with your children so that you can get your needs met in a respectful manner without resistance.
- Lessen conflicts, tension, and resentment, and hence pave way for more peace and love within the home.

### **How Is P.E.T Delivered – And What Goes Into the Program?**

At Roots and Wings Parenting, the lessons we offer will only be conducted by certified instructors. All class participants will receive full learning materials and will earn a certificate of participation upon successful completion of the course.

P.E.T consists of 8 sessions in total, each lasting around 3 hours. Classes can be taken either in groups or individually. Here is a sneak peak of what the main sessions entail:

- **Session 1: Introduction to the Course**

The course begins by examining the characteristics of an effective parent. A detailed introduction of how the Gordo Model supports parents in improving communication and relationships with children then follows.

Participants will learn what parenting techniques to use in different situations before going on to find out how one can properly identify who is responsible for problems. This method has helped many parents alleviate stress when it comes to raising their kids. What's more, there is an interesting lesson on the myths of parenting, which teaches modern parents how to avoid common misconceptions.

- **Sessions 2 and 3: Learn About Interactive Listening**

The interactive listening sessions are all about learning how to communicate better. They teach you how to listen actively to kids so that children can express themselves and feel heard. Parents will get insights on how to recognize when their children have problems, and how to offer a helping hand. Valuable tips on avoiding the pitfalls of being a permissive parent will be learned as well. Ultimately, the skills will impart problem-solving skills in your children.

- **Session 4 and 5: Imparting Parents with Assertive Skills**

In these sessions, the training touches on the use of 'I messages', which parents can use to express their needs in a way that builds a child's awareness. The lessons go into concepts that teach you how to deal with resistance and tantrums. Additionally, these sessions teach how to maintain that fine balance where there is respect for the parent's authority and at the same time effective communication with your child.

- **Sessions 6 and 7: How to Resolve Conflicts of Need**

These sessions begin by explaining the harmful effects of permissive and authoritarian methods of parenting. Participants will learn how the normal ways of resolving conflicts damage your children's self-esteem and your relationship with them. Introduction of the no-lose method of conflict resolution will share new

methods on how to resolve conflicts so that you can build a stronger parent-child relationship. In addition, this phase of training will teach the six steps to creative conflict resolution/problem solving based on John Dewey's theory.

- **Section 8: Value Collision Resolution**

The last stage of training goes deeper into ways of understanding and addressing the collision of values. You will get to learn different options for resolving situations in which children go against the values you have raised them to uphold. Additional modules in the course will include time management and self-acceptance.

To make the lessons a bit more practical, learning will incorporate question and skills practice scenarios in most of the sessions.

### **Who Will Benefit From This Course?**

Whether you're raising teenagers or toddlers, P.E.T can benefit anyone who wants to hone their parenting skills. Using this time-tested parenting method will lead to less fighting, fewer outbursts and lies, or the need for using punishments as a disciplining tool.

Practicing the parenting methods shared in the course will instead nature a family environment in which your children get the best possible upbringing. You'll also have the proper skills to deal with rebelling children and other difficult parenting situations.

This course is not just for parents only. People who deal with children as part of their profession can also benefit from it. This includes teachers, social workers, psychologists, childcare professionals and even youth leaders.