

Parent Smart Preschool and Toddler Programs



Enroll in Parent/Child Education!

Now at Marina Campus, Parent Smart Campus

- ♥ Fully credentialed teachers, child development and parenting specialists
- ♥ Early Learning & State Preschool Standards taught with a high adult-child ratio
- ♥ Kindergarten readiness emphasis and families committed to strong parenting skills
- ♥ Low cost through adult education with easy parking; great option for "stay-at-home" parents!
- ♥ Evening Seminars for Parents (see our website)!



Parent Smart Preschool

TTh (3-4 yrs) or MWF (4-5 yrs) programs, 9:00a-12:30p. Each 17-week session for \$400/500. Parents rotate attendance in the preschool and attend evening seminars in parenting twice a month.

Toddler Programs "Parent & me" early childhood classes Tu or Wed (2 yr-olds), or Thurs (1 yr-olds) with effective parenting skills included.

Take a Parent Education class ...

...during each phase of your child's development in order to...

- improve your skills as a parent,
- prepare for what's ahead in behavioral changes, and
- improve family harmony.

Meet the challenges of parenting by (1) learning about how children grow and behave, (2) learning effective, positive ways to deal with misbehavior and rebellion, (3) gaining skills in encouraging your children, (4) discovering ways to listen and talk together openly, and (5) sharing with other parents your trials and successes. **Join other parents in these HB Adult School classes, and feel the rewards of your own improved skills!**

We regret that these classes in parenting skills are not offered in languages other than English, nor are translators available. Parents who speak other languages are invited to bring their own translators as needed.

— The Administration of HB Adult School

Lo sentimos esta clase para padres solo se ofrece en inglés, tampoco se ofrecen servicios de traductor. No obstante, los padres pueden traer su propio traductor si lo desean. — La Administración de la Escuela de Adultos de Huntington Beach

Chúng tôi rất lấy làm tiếc lớp hướng dẫn phụ huynh có con em nhỏ hoàn toàn giảng bằng tiếng Anh, và không có dịch vụ thông dịch. Phụ huynh có thể mang theo người thông dịch nếu muốn.

Huntington Beach Adult School is a part of the greater HB Union HS District and serves the communities of Fountain Valley, Huntington Beach, Midway City, and Westminster. We have no residency requirement and are fully accredited by the Western Association of Schools and Colleges (WASC).

Dr. Greg Plutko, Superintendent
Mr. Steve Curiel, Principal
Cathy McGough, Assistant Principal



HB Adult School - Main Campus

17231 Gothard Street
Huntington Beach, CA 92647
(714) 842-HBAS (4227), x4405

www.hbas.edu

Parenting Skills and
Strategies for Parents of
Toddlers and
Preschoolers, through
High School Students!

Parent Education Programs



Huntington Beach Adult School
HBUHSD
We're Here for You!

HB Adult School - New Main Campus!

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Parent Education through HB Adult School/HBUHSD



Systematic Training in Effective Parenting For Parents of K-5 Children

Systematic Training in Effective Parenting ("STEP") is a nationally-recognized series with supporting books, instructional materials, and videos. This training is presented in six sessions based on the book *Parenting Young Children*, by Don Dinkmeyer and Gary McKay.

Topics focus on parenting skills needed when parenting K-5 children, including Understanding Your Child's Behavior, Building Self-esteem, Developing Personal Responsibility, Learning Cooperation, Communicating with Young Children, and Effective Discipline.

Instructor **Nancy Diamant** is a successful parent, certificated teacher, and experienced adult education instructor and holds a Masters Degree in Child Development.

Early Bird Fee: \$48...if postmarked 7 days prior to start date; includes book (\$15).
Regular Fee: \$53 Spouses are free but must pre-register at same time.

077001 6-W 6:00-8:30p 10/12 - 11/16/11
Westmont School, 8251 Heil Ave., (east of Beach)

077002 6-W 6:00-8:30p 2/1 - 3/7/12
Schmitt School, 7200 Trask Ave., Wstm. 92683

077003 6-W 6:00-8:30p 4/25 - 5/30/12
Smith School, Rm. #14, 770 17th St., HB 92648

Active Parenting of Teens

For Parents of Children Grades 5-8

...Is your child going on to middle school next year? Or perhaps, your child is in middle school, and you are seeing great changes in his/her behavior and attitude. This class is for you!

Developed by Michael H. Popkin, Ph.D., this is a nationally-recognized series of six evening seminars focusing on topics of concern to parents of youths 5th through 8th grades. Instruction includes such areas as Developing Personal Responsibility and Self-esteem, Communicating Effectively with Teens, Preventing Alcohol and Drug Abuse, Dealing with Sexuality, and Disciplining with Natural and Logical Consequences that work for this age group.

Instructor **Rick Perruccio** is an experienced middle school counselor with Long Beach Unified and a parent of three children locally. Dads as well as moms will benefit from his insights and support.

Early Bird Fee: \$48 if postmarked 7 days prior to start date; includes book (\$15).
Regular Fee: \$53 Spouses are free but must pre-register at same time.



077101 10/12-11/16/11
6-W 6:30-9:00p
MHS #500, PS Preschool
15859 Springdale St.
HB 92649

077102 2/1 - 3/7/12
6-W 6:30-9:00p
Dwyer MS Library
1502 Palm (Palm/ 17th)
HB 92648

077103 4/25 - 5/30/12
6-W 6:30-9:00p
Fountain Valley HS
(Room TBA)
17816 Bushard St.
FV 92708

Call us if you'd like to serve as a host site for these classes.

Parenting Your Older Teen: The Challenging High School Years

A student's high school years can be a very challenging time for parents — full of teen rebellion, confusion, and testing the limits. Learn to take confident action as a parent in confronting the issues of this age, how to set and enforce consequences, how to better open the lines of communication, how to win your high school student's respect, how to know when you need professional help, how to manage stress, and where to go for resources.

Instructor **Jeneane Ottman** is a successful high school teacher with an MA in psychology and mother of two teenagers. She holds a license in Marriage /Family Therapy and has worked part-time at an adult rehabilitation center for drugs and alcohol. She is committed to guiding parents and their teens to setting meaningful boundaries and developing more positive relationships.

Early Bird Fee: \$48 if postmarked at least 7 days prior to start date; includes book (\$15).
Regular Fee: \$53 Spouses are free but must pre-register at same time.

Location: Ocean View High School, Rm. #405
17071 Gothard Ave., HB 92647 (Warner/Gothard)
Enter Gothard front entrance & look for signs.

077301 6-W 6:00-9:00p 10/5 - 11/9/11
077302 6-W 6:00-9:00p 2/1 - 3/7/12
077303 6-W 6:00-9:00p 4/25 - 5/30/12

