



# Always a Parent

**Child & Family Services**  
of Northwestern Michigan

*Strengthening the Fabric of the Family Since 1937*

## **Parenting in Real Time**

Child and Family Services offers the “Always a Parent” program to parents who are having difficulty communicating with a co-parent. This program is recommended for parents who share a child and are divorced, separated, married, or never been married. “Always a Parent” emphasizes the impact of parents’ behavior on their children, and teaches parents positive, effective, cooperative communication techniques.

Topics include:

- Effective Communication With a Co-parent
- Helping Children Cope
- Games Parents and Children Play
- Dealing With Anger
- Families in Transition
- Impact of Parents’ Behavior on Their Children

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## Parenting 101

Be a role model. Your children will learn far more from how you act than what you say.

Ask your kids questions. This lets them know you value their opinions.

Control your anger. Take a few deep breaths, try to relax, and then let them know why you are angry.  
Works with adults as well as kids!

Spend time with your kids. Even TV can be quality time if you snuggle with them and talk about what you are watching. Play together. Read them a bedtime story.

When things go wrong, don't call children names or use sarcasm. Focus on the behavior that is unacceptable, not the child.

## What You Can Expect From the Always a Parent Program

- Classes start the first Monday of the month and run four consecutive weeks
- All classes are held at Child and Family Services, Traverse City
- \$80 fee includes sessions and textbook
- Certificate issued upon successful course completion





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**To register, call  
231 946 8975 or  
231 631 7664**

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**“The Always a Parent  
program showed me  
that I can’t let my bad  
feelings get in the way  
of taking care of my  
kids. Thank you for  
having this program.”**

*-Debbie, mother of three*



## **Child & Family Services** of Northwestern Michigan

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