

**Exhibit A**  
***Parenting Inside Out***

Each Session has associated Topics outlined in each Session Lesson Plan.

- Topics can vary between 1-2hrs depending on number of participants.

***Session 1: Parenting Styles***

- Block
- Bold
- Putty

**Objectives:**

Increase the Parent's self-awareness of their parenting style.

**Overview:**

During session one, the participants will identify with one of the parenting styles and talk about why they believe it is their parenting style. The Block parent has no flexibility for the child's questions or concerns. The Bold parent is flexible and understanding of the child. The Putty parent will give the child anything he/she is asking for.

***Session 2: Effective Speaking Skills***

- Emotion regulation
- Breathing techniques
- Anger management
- Stress management
- Steps in effective speaking

**Objectives:**

Knowledge and skills related to concepts related to effective speaking and emotion regulation.

**Overview:**

Parents will explore identifying and labeling their feelings. This will be accompanied by spending time tuning into how each person registers feelings within their body.

***Session 3: Effective Listening***

- The do's and don'ts of effective listening
- The importance of effective communication

**Objectives:**

Knowledge and skills related to understanding the steps in effective listening

**Overview:**

In session 3, Participants will participate physically and verbally in class activities and discussions. The participants will identify the do's and don'ts of effective listening and the importance in their everyday life.

**Session 4: Problem Solving**

- Problem solving steps
- Problem solving plan

**Objectives:**

Demonstrates ability to problem solve, using various steps and creating a plan.

**Overview:**

The skills of effective speaking and listening will be used as a foundation for implementing a problem solving model.

**Session 5: Bonding through play and reading**

- Child centered play techniques
- Solving play problems
- Tips for reading with children

**Objectives:**

Increase bonding through play and reading.

**Overview:**

The difference between adult directed verses a child centered approach to play will be presented, through role play.

**Session 6: Childs job and Parents Job**

- Boundaries
- Developmental encouragements
- Ages and stages

**Objectives:**

Parent demonstrates knowledge of appropriate roles and effective encouragement and development stages.

**Overview:**

Parents will work on connecting the parent's job to the child's job and learning new ways to support the child in accomplishing his/her developmental tasks.

***Session 7: Directions and Encouragement***

- Giving effective encouragement
- Helpful and unhelpful encouragement

**Objectives:**

Parents will learn how to encourage children's compliance with helpful directions

**Overview:**

Parents will discover the components of effective directions for children. They will also learn how to balance the giving of directions with the giving of encouragement.

***Session 8: Rules Rewards and Consequences***

- Going along with adult request
- Reasonable expectations
- Logical consequences
- Logical rewards

**Objectives:**

Parents will demonstrate knowledge of reasonable expectations and logical rewards and consequences

**Overview:**

Parents will develop family rules and explore the use of logical consequences and rewards to back up the family rules.

***Session 9: Time out and privilege removal***

- Various stages of time out
- Back-up privilege removal

**Objectives:**

Participates will learn how to motivate and encourage children to work towards compliance with time out and back up privilege removal.

**Overview:**

Parents will identify some benefits of non- violent discipline. Parents will conduct a peer review of their reward and consequence plans.

***Session 10: Reuniting***

- Parenting challenges after reunification
- The four A's of change
- Alternative to over indulgence

**Objectives:**

Prepare participates for the challenges they will face following reunification.

**Overview:**

The participant will explore ways for reintegrating into the life of their child in a positive, proactive, rather than a reactive way. Parents will explore ways for reintegrating into the life of their children.