College for Parents
Three weekend experiences at ETSU that can change your life with your children
You can see that your children misbehave: All children do! But do you know why they misbehave? Do you know whether your child is “normal” and progressing through developmental stages well? Do you know how to effectively communicate and discipline a child so you can end backtalk and other rude behaviors; reduce or eliminate fighting; and get them to bed on time, up in the morning, and off to school without a hassle? Do you have a child with special needs? Do you know how to help a child with one of the Autism Spectrum Disorders? ETSU is offering three weekend experiences, each of which is designed to teach effective parenting skills. These courses are designed for parents and those who will work with parents. The non-credit fee for each course is just $25.00 per weekend, Fridays from 6:00—9:00 PM and Saturdays from 9:00—4:00 PM. The three weekend are:

- **May 21/22**—Dr. Mary Langenbrunner will teach parents how to recognize and use developmental experiences in the home. Parents will learn what normal child and family development is like and how to help children through essential transitions.

- **June 4/5**—Dr. Jim Bitter will teach parents how to understand children’s misbehavior, how to effectively communicate & use discipline to re-direct children and use emotion coaching for growth and development.

- **June 25/26**—Dr. Kim Hale will teach parents how to effectively raise children with special needs, especially those children who fall within the difficulties associated with Autism Spectrum Disorders.

Each weekend may be taken individually or as part of a series of two or three learning experiences. You do **not** have to attend all three of the weekends, because each weekend is designed to be an experience in and of itself. While the hours may seem long at first sight, there are plenty of demonstrations and experiences to help parents and college students stay interested and engaged in what they are learning.

**We all want to raise happy, healthy, and responsible children.**

We count their fingers and toes when they are born, and we watch their every move as they start to walk and talk and explore the world within the safety of the family. As they grow, they make mistakes; they both behave and misbehave; they have fears and feel inadequate; and they get upset and angry. They may start to use whining and temper tantrums to try and get their way. They may refuse to eat or insist on eating junk. It may take two hours to get them to bed, and they may seem like they are in a coma in the morning, late getting up and a struggle to get them off to school. Amazingly, this is all part of normal everyday life in families.

**Shouldn’t parenting be easy? Won’t everything work out if I just do what my parents did with me?** The answer is sometimes parenting is easy and doing what your parents did will work just fine. If it does not seem easy, however, and doing what your parents did is not having a positive result, then this set of courses is for you. We have been working with and teaching parents for more than thirty years, and we can help you understand both the developmental and behavioral needs and experiences of children. We can help you learn what to do when your children seek to be the center of attention, get into power struggles with you, seek revenge, or act like they can’t do anything. If you have a child with special needs or who falls within the spectrum of autistic disorders, we can also help you to adapt parenting for the most effective child training possible.

Give us a weekend, and we will help you change your life with your children forever. Each weekend costs just $25.00, and you can register at the door or by calling Angela Bayard at 439-6225 or online at [______________].

Undergraduate and Graduate students with an interest in the Helping Professions may also take these courses for credit. See the third panel of this brochure for information.

When: May 21 & 22, 2010—Development
June 4 & 5, 2010—Communication & Discipline
June 25 & 26, 2010—Parenting and Autism

Times: Fridays, 6:00—9:00 PM; Saturdays, 9:00—4:00 PM

Where: Room 515, Warf-Pickle Hall
Clemmer College of Education

Costs: $25.00 for (non-credit) workshop
Contact: Angela Bayard at BayardA@etsu.edu to enroll or mail registration form from back Flap of brochure.

Credit: Undergraduate credit, register for HDAL 4956—202, 204, and/or 205—College for Parents—1 credit, each Pre-summer or Session 1, 2010.
Times: 6:00—10:30 PM (Friday)
8:00—5:00 PM (Saturday)

Graduate credit, register for HDAL 5956—202, 204, and/or 205—College for Parents—1 credit, each Pre-Summer, or Session 1, 2010
Times: 6:00—10:30 PM (Friday)
8:00—5:00 PM (Saturday)

For Additional Information, contact Jim Bitter at 423-439-4194 or Bitterj@etsu.edu.
Faculty

- **Dr. Mary Langenbrunner**, Associate Professor, Educational Foundations. Mary is an award-winning ETSU distinguished faculty member, who has been teaching developmental processes to parents and students for more than thirty years. A certified Family Life Educator and Parent Education Facilitator, Mary will teach parents how to recognize developmental milestones and support children through the normal transitions from infancy to childhood to adolescents.

- **Dr. Jim Bitter**, Professor, Counseling. A national and international speaker on parenting and parent education, Jim has spent more than thirty years helping parents to understand children’s misbehavior and to effectively re-direct it. The author of three books and more than fifty articles, his down-to-earth stories and material will help parents end backtalk, reduce or eliminate fighting, and provide guidance for raising happy, healthy, and responsible children.

- **Dr. Kim Hale**, Assistant Professor, Early Childhood Education. Kim is a former School Psychologist who has worked with parents who have children with autism and other autism spectrum disorders, including developmental difficulties, literacy, and reading. Kim brings an energetic, positive approach to parenting children with special needs.

Three Weekend Experiences ($25.00 per weekend):

- May 21/22—Langenbrunner-Child/Family development
- June 4/5—Bitter-Communication & Discipline
- June 25/26—Hale-Parenting & Autism

Fridays: 6:00—9:00 PM; Saturdays: 9:00—4:00 PM