



## **FREE PARENT EDUCATION PROGRAM**

*"The Empowered Parent"*

Mt. Olive Child Care & Learning Center

150 Wolfe Rd Budd Lake, NJ 07828

973-426-1525

**Do you ever wonder why your child...**

**...talks back?**

**...complains about and often doesn't eat what you make for dinner?**

**...gives you a hard time about doing homework?**

**...refuses to do things you think they are capable of?**

**...won't cooperate with other children?**

**...doesn't leave your side at a social function?**

**...fights with their siblings constantly?**

**COME EXPLORE & LEARN WHAT REALLY  
MAKES YOUR CHILD "TICK"!**

**Actual quotes from parents who have completed the program:**

- ❖ "This class was an 'eye-opener': I learned new ways of tackling so many challenges."
- ❖ "I understand my children better and I actually enjoy being a dad more!"
- ❖ "In the beginning, I really thought this would take way more of my time than it actually did. I realize now it was something I HAD to make time for because it was so important."
- ❖ "The homework was interactive. It challenged me to spend time getting to know my child (and myself). This newfound knowledge is priceless to me."
- ❖ "I came to the class to support my wife's desire to come; she kind of made me. But after a week or 2 I realized I needed to be here more than I thought. I'm glad we took it together. We're definitely much more on the same page. It's made a world of difference for our family."
- ❖ "The girls see us as a united front because we took the class together and are now parenting much more similarly – when before we had very different views. My husband and I are even communicating better with one another because the strategies can be used on anyone!"

**IF YOU ARE A PARENT WHO WOULD LIKE TO EXPAND YOUR "BAG OF TRICKS" AND LEARN SOME NEW TOOLS THAT WILL HELP YOUR FAMILY CONNECT AND INTERACT ON A WHOLE NEW LEVEL, THEN THIS IS THE PROGRAM FOR YOU!**

**We provide the following services at all weekly sessions:**

- **Child Care by our Trained, Professional staff**
  - **Light Dinner**
- **1 on 1 Mentoring and Ongoing Support**
  - **Local Transportation, as available**

**\* Our Winter/Spring 2019 cycle runs Thursday nights March 7<sup>th</sup> ~ May 23<sup>rd</sup>**

Please call/email **Daniela at 973-426-1525 / danielap@mtolivechildcare.org** for further details!