



metropolitan family services™

160 YEARS

PARENTING FUNDAMENTALS

Parent Enrichment for Academic Success



Parenting Fundamentals (PF) is a comprehensive, evidence-based Parenting Education program that offers classes in English and Spanish to parents with children ages 0-18. The PF Program empowers parents through education to strengthen families and improve school performance as well as gives parents tools and techniques to help their children live fulfilling and productive lives.



PARENTING FUNDAMENTALS

- ▶ **Patience and Respect**
- ▶ **Communication Skills**
- ▶ **Supports School Success**
- ▶ **Self-Esteem & Self-Care**
- ▶ **Child Development**
- ▶ **Building Strong Relationships**

Testimonials

I liked how the teacher focused on my personal issues. After taking this class I have more patience with my grandchildren, and more empathy towards my twin daughters.

My child went from C's and D's to A's and B's!! I know that this is because I don't yell as I used to do and I communicate better by asking how their day is.

I learned spanking should not be used to redirect your child; there are other and better forms of discipline. And, that YES, there is a difference between punishment and discipline.