

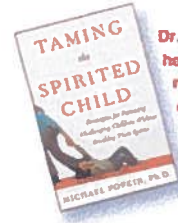
Education Corner: *Tame Your Spirited Child with Active Parenting*

Active Parenting is positive parenting focused on fostering strong relationships between parents and their children. Rather than chastising children into submission, and breaking their little spirits, the Active Parenting method shows parents how to deal effectively and fairly with their children, which ultimately encour-

ages mutual respect, cooperation, and responsible behavior.

Do you have a "spirited child" who challenges, questions, demands, and resists almost every word you say? Would you like to know how to navigate the murky waters of parenthood? To start off the new year on the right path, the compass is pointing toward this good read

Taming Your Spirited Child by Dr. Michael Popkin. Enjoy your reading!



Dr. Popkin offers help for parents rearing spirited children.

Nurtured Mind, Body & Spirit

10 Healthy Tips for the New Year:

1. Keep a photo on your key chain of your loved ones and don't lose sight of your mission
2. Choose a diet change that fits your lifestyle and preferences.
3. Small steps yield big rewards.
4. Packing a lunch. Choose lean chicken, grilled salmon & fruits.

5. Walk, walk, walk...its easier than running and slows your pace.
6. Surround yourself with positive people who want to see you succeed.
7. Try lunch swaps and get a co-worker to share the reward.
8. Double your money. Get your family on board. When everyone reaches their goal, plan a fun family event.

9. Get active with your kids. Volleyball, basketball, soccer, dancing, walking, bowling, tennis.



10. De-stress. Let some other things go to make time for the "work" of exercise, food preparation, and play time with family.

Contributing Author

In 1993 while working with Sr. Loretta McCarthy Director of Religious Education for Our Lady of Lourdes Church's Sunday School Program, I discovered that once we got the children off to their respective classes, the parents sort of lingered in the cafeteria and talked about their children and everyday problems that arise in families. Sister and I discussed my observations and decided that maybe some sort of parenting education might be in order. She provided me with a catalog of possible programs. Dr. Michael Popkin was a pioneer of video based discussion programs at the time and I chose his program to be our pilot. Thus, the 1st class was formed with six parents.

The program was designed for six 2-hour sessions, so there were barriers right from the start. Sunday School began at 9:15 AM and by the time the parents settled in we were left with about 30 minutes of class time. We endured changes in locations, liturgical calendar, other ministry commitments during the same time period, not much was accomplished as far as the program content.

The company that certified it's trainers had in place a process whereby after you completed a

class and submitted proof of same you would receive your certification. Well it took me so long trying to complete a class that they made an exception and certified me to teach the course. It still took another five years before I was able to graduate my first completed class. I was so proud that day.

After that GOD stepped in and BLESSED my efforts and what began with six women has become men, women, husbands and wives, black, white. Over the years approximately 90 - 100 families have taken advantage of our program in some form. One component of our group is that it also provides a support system for parents who talk out their issues and receive feed back from the group at large.

The group formally became a ministry about two years ago. We have partnered with Dr. Cierra Smalls, Community Psychology Department of Georgia State University to participate in a study being conducted with faith-based communities to examine "What it means to raise children in black skin".

By Ms. PJ Lemuel, *Parenting Ministry Founder and Facilitator*

"Thank you, PJ for your hard work and dedication.

We love you!"

From your Parenting Ministry Family!

Parenting Ministry

Meetings: Sunday's, Oct. - May
10:30 - 11:45 AM

Location: Katharine Drexel Building,
3rd Floor, Choir Room

Our Lady Of Lourdes Church
25 Boulevard NE
Atlanta, GA 30312

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