

Systematic Training for Effective Parenting



For parents with children birth to 12 years

*STEP provides a **practical approach** to raising children. Parents learn how to maintain a **respectful relationship** to each other and **encourage cooperative behavior**.*

Online via Zoom
8 sessions, 7.30 to 10 pm

2024 session dates

Feb. 1st

Parenting styles and goals
Identify the belongings of misbehavior

Feb. 8th

Identify the four goals of misbehavior
Change response to misbehavior

Mar. 14th

Encouragement

Apr. 18th

Reflective Listening

May 2nd

I- messages

May 16th

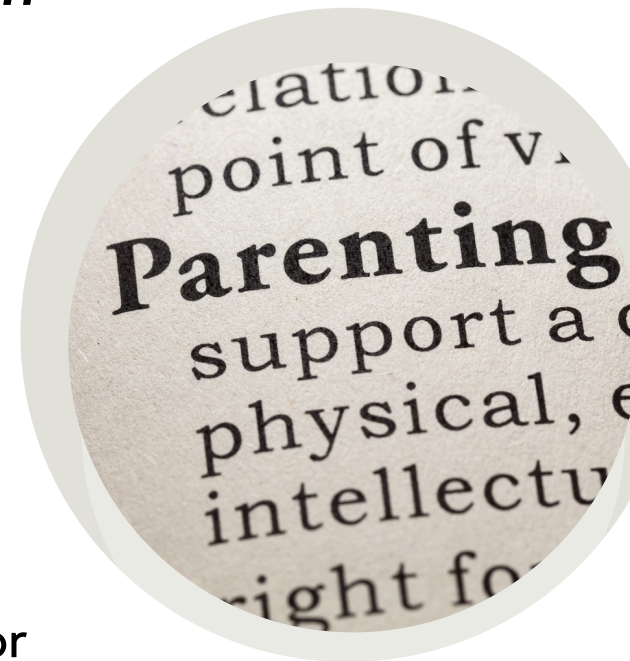
Cooperation

May 23th

Discipline that makes sense

Jun. 6th

STEP strategy



Costs

CHF 400.- p. Person

CHF 640.- p. Couple

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Enroll via QR

Code or E-Mail

until Jan. 26th 2024

<https://www.instep-online.ch>