**Practical Parent Education (Fall/Spring) – Wolford Elementary School**

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| Session Information | Format | Location | Time | Date |
| SESSION 1: PARENT POWER1.1 Understanding the Family System as a Whole, 1.2 Recognizing Traits in a Healthy Family,5.1 Establishing Authority as a Parent | English | Wolford Elementary School, 6951 Berkshire McKinney, Texas 75070469-302-4700 | 5:30 p.m. – 6:30 p.m. | **September 21, 2015 & January 11, 2016** |
| SESSION 2: ARE YOU TALKING TO ME?3.1 Communicating Effectively with Children at all Stages, 3.3 Expressing and Communicating Feelings and Emotions | English | Wolford Elementary School, 6951 Berkshire McKinney, Texas 75070469-302-4700 | 5:30 p.m. – 6:30 p.m. | **September 28, 2015 & January 25, 2016** |
| SESSION 3: DON'T POP YOUR CORK3.6 Dealing with Anger in the Family,3.7 Helping Children Learn to Manage and Resolve Conflict Peacefully | English | Wolford Elementary School, 6951 Berkshire McKinney, Texas 75070469-302-4700 | 5:30 p.m. – 6:30 p.m. | **October 13, 2015 & February 8, 2016** |
| SESSION 4: WE CAN DO IT4.1 Building and Nurturing Self-Esteem in Children,4.3 Building and Nurturing Self-Esteem in Parents | English | Wolford Elementary School, 6951 Berkshire McKinney, Texas 75070469-302-4700 | 5:30 p.m. – 6:30 p.m. | **October 19, 2015 & February 16, 2016** |
| SESSION 5: SOS…MY KIDS WON'T MIND ME5.2 Choosing Effective Discipline Techniques, 5.3 Giving Children Responsibility for Themselves | English | Wolford Elementary School, 6951 Berkshire McKinney, Texas 75070469-302-4700 | 5:30 p.m. – 6:30 p.m. | **October 26, 2015 & February 22, 2016** |
| SESSION 6: I'M STRESSED6.3 Dealing with Stress in the Family | English | Wolford Elementary School, 6951 Berkshire McKinney, Texas 75070469-302-4700 | 5:30 p.m. – 6:30 p.m. | **November 2, 2015 & February 29, 2015** |
| SESSION 7: Success for Your Child in Elementary SchoolTen Ways to Help Your Child Succeed in Elementary School[http://kidshealth.org/parent/growth/learning/school-help-elementary.html#](http://kidshealth.org/parent/growth/learning/school-help-elementary.html) | English | Wolford Elementary School, 6951 Berkshire McKinney, Texas 75070469-302-4700 | 5:30 p.m. – 6:30 p.m. | **November 9, 2015 & March 14, 2016** |
| SESSION 8: The Importance of Reading Out Loud to Children - Setting children up for success in school and life. <http://www.reachoutandread.org/why-we-work/importance-of-reading-aloud/> | English | Wolford Elementary School, 6951 Berkshire McKinney, Texas 75070469-302-4700 | 5:30 p.m. – 6:30 p.m. | **November 16, 2015 & March 21, 2015** |
| SESSION 9: Making Math Fun: 10 Ways to Practice Math at Home <http://mathandreadinghelp.org/articles/Making_Math_Fun_10_Ways_to_Practice_Math_at_Home.html> | English | Wolford Elementary School, 6951 Berkshire McKinney, Texas 75070469-302-4700 | 5:30 p.m. – 6:30 p.m. | **November 30, 2016 & April 4, 2016** |
| Session 10: How Parents Can Support Homework at Home<http://www.parents.com/kids/education/homework/> | English | Wolford Elementary School, 6951 Berkshire McKinney, Texas 75070469-302-4700 | 5:30 p.m. – 6:30 p.m. | **December 7, 2015 & April 11, 2016** |

**Parent classes are free to community at large. Child care is available at no charge for school age children.**

**For additional information please call Janet Nelson at 469-302-4700/ email** **jnelson@mckinneyisd.net** **or Dr. Stella Stevens at 469-302-6325 / email**

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