

# **ABC's of Parenting**

## **Activity Manual For Parents**

### **Table of Contents**

About The Author .....	i
Welcome to the ABC's Program .....	1
Guidelines for Parents for Exclusion of Sick Children.....	3
ABC's Session Building Blocks .....	4
Session One      Why Are We Here? / Praise and Criticism .....	6
Session Two      Time-Out / Praise and Criticism .....	19
Session Three      Personal Power .....	31
Session Four      Morals, Values, and Rules .....	42
Session Five      Helping Children Manage Their Behavior .....	53
Session Six      Positive Self Talk / Hurting Touch and Gentle Touch / I Messages .....	64
Session Seven      Alcohol Group Collages .....	73