

For those of you who have been reading my articles on a regular basis, it should come as no surprise that I think being a parent is really tough work. I truly believe that no matter how 'good' we are at parenting we can all use occasional support. Even with a full toolbox, there seems to be times when the right tool simply isn't around. When it comes to parenting, we live in the moment and deal with things as best we can at that moment. Sometimes this means throwing up our hands in frustration and wondering why this job, that everyone else seems to handle no problem, is so challenging for us. The reality is, even the 'best' parents make mistakes.

As a result, I decided to write this month's article on parenting programs and why, we as parents shouldn't feel bad when we need help. While becoming a parent is usually a pretty natural process, knowing how to parent is not. We live in a time of self improvement, why not be open to the idea that parenting is one of the areas where many of us can use some growth. There are a number of ways a person can get support as a parent. Since I'm limited for this article, I'm going to talk about parenting seminars as an option. Before I do that, however, I want to remind you that there are lots of great books, parenting videos, family therapists and other resources you can tap into to get support in this area. You need to find the way(s) that fit best for you and your lifestyle and then go with it.

Attending parenting sessions can be a fun, interactive way to obtain some new ideas, have a few laughs and get some much needed support. If you attend with an open mind and a goal of gaining one or two new ideas to try, you will likely find this a very enjoyable way to go. This does not mean you need to accept whatever is given as a prescription, but instead take the suggestions and adapt them to fit your own complicated and unique family environment.

One of the seminar programs I am currently offering throughout the division is from a company called Triple P. These Positive Parenting Programs are based on the philosophy that we all strive to do the best we can given our current situation. The goal of this program is to provide support to parents wherever they are at in the child rearing process and help them feel good about the many successes they are likely overlooking.

There are three seminars created by Triple P at present, which can be taken as a series – building off one another – or individually. These three are best for parents with kids 11 and under although many of the skills are things we would use in all areas of our lives.

- Seminar #1 is the Power of Positive Parenting and the main focus is on helping parents understand what positive parenting is all about. They have five key messages to share in this program aimed at helping parents create a strong, healthy base for dealing with children's misbehaviors.
- Seminar #2 is Raising Confident, Competent Children and is looks at six building blocks that will help raise kids who feel good about who they are and who understand the importance of treating other people in healthy, constructive ways.
- Seminar #3 is Raising Resilient Children and focuses on helping kids become strong, aware, individuals who can take life's stressful situations, deal with them and become stronger as a result.

So whatever you decide as a reader my message to you this month is simple... don't be afraid to admit you don't know. As parents we are modeling skills and behaviors to our children on a daily basis. Teaching our kids to be open to help is a great gift to give.

Debbie Pokornik is the owner of empowering NRG. She is the author of *Peak at Parenting; Natural, Realistic Guidance for the Busy Parent* (releasing late 2009) and believes all parents can use support at some point in their parenting experience. For other great parenting tips or to book Debbie for keynotes/workshops, go to <http://empoweringnrg.com>