

## A New Way of Being a Family

*Parent Training has been found in a number of studies to be valuable for the treatment of ADHD/ADD, anxiety, depression, developmental disabilities, autism and elimination disorders such as bedwetting.*

*No other treatment for problem behavior has been investigated as broadly or found to be as effective.*



**Create the family you  
have always wanted**

## Parent Training

425.654.0641

*Eastside Family Renewal Service*

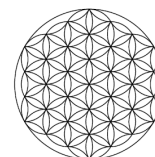
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# Parent Training

Children and adolescents in families often show a variety of behavioral issues. These issues include failures to obey parents, tantrums, ill-temper and irritability, stealing, lying and/or fighting with friends and siblings. These displays are called **conduct problems**.

Fortunately, conduct problems are effectively treated using Parent Training.

Significant increases in desirable child and adolescent behavior occur with proper treatment. Families experience a reduction of misbehavior and improvement of parent-child interactions that result in a positive family atmosphere.



**Teens need you to be able to say no.**

## Scientific Principles

Teaching parents the scientific principles upon which specific parenting skills are based significantly enhances the effectiveness of our Parent Training programs.

Parent Training has been evaluated as a treatment of children's behavior problems **in hundreds of studies**.

## How does it work?

Sessions can be conducted with one or both parents in individual or group sessions.

Parents are taught to use a number of effective skills introduced in a way that enhances the successful implementation of each subsequent skill. It is this solid foundation based on behavioral and relational principles that makes Parent Training effective where attempts from parenting books written from supposed

“experts” fail. It's ok if you've started and stopped over and over again.

**We can help...**

Each child has a different temperament that is not always an ideal fit with the personalities of one or more parents. That's OK. Parent Training improves this “goodness-of-fit” so you and your child or adolescent can create the relationship you have both always wanted.



**Arguing is a type of oppositional and defiant behavior**

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