

# Positive Solutions for Families (PSF)

FREE Parenting Series for Preschool Parents!



*Positive Solutions for Families (PSF) is an evidence-informed six-part series of workgroups. Parents and caregivers will learn how to use positive approaches and effective parenting techniques to improve interactions with their child(ren), which in turn will support social and emotional development and address challenging behaviors.*

## CVESD MARCH SERIES SESSION DATES:

(All sessions will be held virtually via TEAMS link)

Tuesday 3/2 9:00am-10:00am

Thursday 3/4 9:00am-10:00am

Tuesday 3/9 9:00am-10:00am

Thursday 3/11 9:00am-10:00am

Tuesday 3/16 9:00am-10:00am

Thursday 3/18 9:00am-10:00am



**MUST SIGN UP IN  
ADVANCE TO ATTEND!**

**TO RESERVE YOUR  
SPOT PLEASE CALL or  
EMAIL:**

**Chelsea Gould-CVESD Early  
Childhood Program  
Specialist**

**Phone:**

**(619) 425-9600**

**Extension- 6471**

**Email:**

**Chelsea.Gould@cvesd.org**

## Overview of Topics Covered

**Session 1: Making a Connection!:** Talk about building positive relationships with children and the power of positive comments and encouragement.

**Session 2: Making it Happen!:** Learn about key social/emotional skills and how to promote these skills in your child(ren).

**Session 3: Why Do Children Do What They Do?:** Practice ways to determine the meaning of behavior and what influences it.

**Session 4: Teach Me What To Do!:** What is emotional vocabulary? How can games, songs, books, and other activities promote emotional literacy?

**Session 5: Facing The Challenge (Part 1):** Examine specific strategies that can be used to promote positive behavior in and out of the home.

**Session 6: Facing The Challenge (Part 2)** Review past sessions and strategies while discussing best practices on prevention, teaching new skills, and responses to challenging behavior.

Examine resources for continued education and identify supports for children.



**CHULA VISTA ELEMENTARY  
SCHOOL DISTRICT**