

## What Parents Are Saying about Parenting the School-Age Child:

"The classes definitely raised my awareness of my parenting style. I know my parenting will improve and my children will benefit. Thank you!"

"It is very important and valid that we are all learning from others' experiences."

"I look forward to the openness of the discussions every week, and feel I'm not alone."

"I enjoyed the classes very much. The information makes sense and is easy to apply – I didn't realize how much more I could do as a parent."

"I really liked this program. It made me feel like I'm doing a good job at home."

## What Facilitators Are Saying about Parenting the School-Age Child:

"I really enjoyed teaching this program. It was easy to follow and was filled with lots of information."

"There is a real need for programs like this for parents of school-age children. This program definitely helps fill the gap and is easy to pick up and run with!"

## For further information on *Parenting the School-Age Child* or any other Psychology Foundation of Canada programs/publications:

Phone: 416-644-4944

Web: [www.psychologyfoundation.org](http://www.psychologyfoundation.org)

Email: [info@psychologyfoundation.org](mailto:info@psychologyfoundation.org)

## PFC is grateful to the Parenting the School Age Child 2008 financial sponsors:

**Kodak**



## Parenting the School-Age Child: 7 - 12 Years Old

Part of  
The Psychology Foundation  
of Canada's

**PARENTING  
FOR LIFE**

Program



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## Why a Program for “Parenting The School-Age Child”?



This program was developed by The Psychology Foundation of Canada (PFC), in partnership with Yorktown Child and Family Centre, as part of PFC’s long-standing *Parenting for Life* program. *Parenting the School-Age Child* is for Parent Group Facilitators already conducting group parenting programs and was developed to provide parents with practical resources and tools to deal with the specific developmental changes and challenges of children in the school-age years.

As parents see their child grow and enter school, many of their child’s needs change, warranting a change in their parental role. Parents are often unprepared for changing their role, since in many respects, they continue to see their child as dependent, and fear for the consequences of their child’s choices and their developing autonomy and independence.

*Parenting the School-Age Child* is research-based and the first edition has been thoroughly pilot-tested and modified to produce the second edition, which is now available for purchase. **This second edition includes a comprehensive, yet flexible, Facilitator’s Guide consisting of nine modules and ready to print handouts. Additional resources meant to supplement the program are available, free of charge, from PFC’s Web site.**

## Program Content

- **Promote Independence & Self-Esteem**
  - Building Independence & Self-Esteem
  - Understanding Developmental Changes
  - Evolving Parenting Approaches & Styles
- **Building Harmony at Home**
  - Developing a Connection as a Foundation
  - Enhancing Parent-Child Communication
  - Demonstrating and Instilling Cooperation
- **Resolve Conflict**
  - Negotiating the Middle Ground
  - Learning & Modelling Effective Problem-Solving
  - Taking Advantage of Natural & Logical Consequences
- **Evaluation Form and Additional Resources & Web Sites**

## Other PFC Publications:

PFC’s award-winning *Parenting for Life* booklets can also be purchased from The Psychology Foundation of Canada, or downloaded free of charge from the organization’s Web site. They include:

1. *Yes You Can!*  
*Positive Discipline Ideas for You and Your Child*
2. *Hands-On Dad: A Guide for New Fathers*
3. *Let’s Play! A Child’s Road to Learning*
4. *You and Your Preteen: Getting Ready for Independence*
5. *Focus on Self-Esteem: Nurturing Your School-Age Child*

## Contact:

For further information and/or to order the *Parenting the School-Age Child* Guide or any other Psychology Foundation of Canada publications:

**Phone:** 416-644-4944

**Web:** [www.psychologyfoundation.org](http://www.psychologyfoundation.org)

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The Psychology Foundation of Canada’s other programs include *Kids Have Stress Too!*® and *Diversity in Action*.