

Frequently Asked Questions

About Compassionate Parenting Tools

What is Compassionate Parenting?

Recognizing that a loving emotional connection is the most important ingredient to healthy child development and happy families, you will learn how to meet parenting challenges in ways that reinforce that connection.

To support you in parenting compassionately, we teach:

- crucial brain development and child development information,
- connecting communication skills, and
- tools for effective, mindful parenting and growth as a caregiver.

We know parenting is hard and valuable work. We use discussion, role play, activities, and handouts to engage you in becoming the parent you want to be.

Who will benefit from the class?

Any parent, educator or caregiver, especially:

- Families who are trying to break patterns of anger, violence, emotional distance, or other less-than-compassionate behaviors.
- Families who want to live their values of peacemaking, partnership, respect, and cooperative problem solving and know that punishment, shaming, threats and bribes are not for them.
- Families with special challenges such as special needs kids.
- Parents who value attachment and emotional intelligence.

These principles apply to children of every age. Participants often find relationships with adult family members shifting, as well as significant personal growth.

Is Compassionate Parenting Tools the same as Parent Effectiveness Training, or Positive Discipline, or Attachment Parenting, or...

Compassionate Parenting, also known as Nonviolent Parenting, is a philosophy and practice refined at [Echo Parenting and Education](#) by Ruth Beaglehole and her collaborators. It overlaps with some of these systems, but the curriculum is unique to Echo. You won't find this curriculum in a book; we want you to interact, discuss, and role play so you really understand it. We do recommend books that support and explain parts of the curriculum.

When and where is the class:

The class is Wednesdays from 10 am to noon at the Center for Living Peace in Irvine, at 4139 Campus Drive (across from UCI, between Lee's Sandwiches and Focus Dance). Register at their website, www.goodhappens.org, or at the door.

A peaceful world begins with peaceful parenting.

www.goodhappens.org



FAQ continued

Do you have child care?

Yes, we have a veteran Early Childhood Educator skilled in compassionate child care in an adjacent room for no extra cost. You may want to bring a few favorite toys or books. Please reserve child care by Tuesday noon; email: terry@opendoorcommunication.org.

My child does not want to stay with a person he/she doesn't know. Can I bring him/her to class?

We welcome babes in arms to the class. You may want to bring a blanket and quiet toys for them. To protect children over 12 months when big feelings come up about parenting, we ask that they be in child care. Children can check in briefly with parents in the class if they need connection. You and your child might want stay for a session or more with the Early Childhood Educator and kids to help ease the transition.

What is the sliding fee scale? Is there a discount for additional family members?

If you need financial help to attend, speak to a teacher. We want you to attend! A second family member at the same class is \$15.

Can I try just one class?

Yes, you can drop in to any class and register at the door. The curriculum is a repeating 10-week series. Check with the Center for Living Peace for a current class schedule with topics. If you start in the middle, you will get something valuable from every class.

This time/location doesn't work for me. Where else is the class offered?

We will do 6-week class series by request if you can gather a group of 6-8 committed parents. We hope to offer occasional evening and weekend series at the Center for Living Peace. Please let the teachers know if you want to attend such a series. In the meantime...

Check Echo (www.echoparenting.org) for classes in the greater L.A. area, including weekend intensives. Tova also leads classes at Cal State Univ. Long Beach.

Who are the teachers?

Tova Pusi, Monika Larsen and Terry LePage are Parent Educators certified by [Echo Parenting and Education](http://www.echoparenting.org) after a 9-month course and student teaching. They are passionate about making the world a better place by raising children compassionately. Tova, a mom of 2 school age boys, has taught this curriculum at Cal State Long Beach for four years. Monika, mom of 2 young children, is a counselor and graduate of Pacifica Graduate Institute. Terry is a Pastor, teacher of Compassionate Communication for adults, and mom of an adult son.

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