

# PROJECT VIDA futurGen

## HOW TO BE A CONSCIOUS PARENT

### BENEFITS FOR PARENTS

- Feelings of confidence and competence in parenting
- Fewer feelings of depression
- Lower levels of stress
- Less conflict with their partner
- Less conflict with their children

### BENEFITS FOR YOUTH

- Develop cognitive thinking skills
- Do better at school
- Build friendships
- Feel good about themselves
- Have fewer behavioral and emotional problems
- Less likely to become involved in drug abuse or delinquent behavior





# WHAT IS POSITIVE PARENTING

Positive Parenting is a multi-level family intervention and parenting support strategy. It aims to reduce the prevalence of social, emotional, and behavioral problems in children and young people.



The Positive Parenting Program is an evidence-based curriculum developed at the University of Queensland, Australia. Funding for this program is provided by the Office of Population Affairs (OPA) and the FuturGen Program.





# DISCUSSION TOPICS FOR 0 - 10 YEARS OLD

## **Dealing with Disobedience:**

We've all faced that moment when our children simply won't listen. This discussion offers positive parenting strategies to help your child accept limits, follow instructions, and understand the meaning of "No."

## **Managing Fighting and Aggression:**

While disagreements among children are natural, physical fights risk injury. We'll provide suggestions to help your child solve problems and get along with others peacefully.

## **Developing Good Bedtime Routines:**

A good night's sleep is crucial for children's energy and parents' well-being. Learn positive parenting strategies to establish an effective bedtime routine, teaching your child to fall asleep—and stay—in their own bed until morning.

## **Hassle-Free Shopping with Children:**

We'll share positive parenting tips to avoid shopping hassles, encourage responsible behavior during outings, and make shopping trips more manageable for you.

## **Hassle-Free Mealtimes with Children:**

Though often challenging, mealtimes can become enjoyable family moments with some planning. This discussion group offers suggestions to encourage desired mealtime behavior, reduce problems and fussiness, and create a more relaxed dining experience for everyone.

# DISCUSSION TOPICS FOR 11 - 17 YEARS OLD

## **Reducing Family Conflict:**

Many parents experience increased conflict with their youth during the transition from childhood to adulthood. This discussion group offers positive parenting strategies to help you teach young people how to get along with family members without constant fights and arguments.

## **Getting Young People to Cooperate:**

Many parents find their youth becoming less cooperative during the transition from child to adult. This discussion group provides positive parenting suggestions to help you teach young people how to be polite and cooperative.

## **Coping with Young People's Emotions:**

Many parents notice their youth become highly emotional during the transition from child to adult. This discussion group offers positive parenting strategies to help you teach young people how to better manage their emotions.

## **Building Young People's Survival Skills:**

Many parents become increasingly concerned about their youth's safety during the transition from child to adult. This discussion group provides positive parenting suggestions to help you reduce the risks young people may face when they are away from your supervision.

# Thanks

for your interest in  
**Project Vida FuturGen**

**Follow us on:**

Facebook

Instagram

Tiktok

[projectvidaep](https://projectvidaep.com)

**Contact Us:**

Cristina Ramos

915.207.4523

c.ramos@pvida.net

Audrey Hernandez

915.694.5697

au.hernandez@pvida.net

