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**STEP: Systematic Training for Effective Parenting**

The **STEP** parenting program is an effective, six-session planned training curriculum that focuses on topics important to parents today.  This course provides valuable tools which improve communication among family members and lessens conflict.  Easy to understand and apply, **STEP** presents effective skills that can be used immediately.

The STEP parenting program delivers in 6 sessions:

* Understanding Yourself and Your Child
* Understanding Beliefs and Feelings
* Encouraging Your Child and Yourself
* Listening and Talking to Your Child
* Helping Children Learn to Cooperate
* Discipline that Makes Sense
* Choosing Your Approach