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Free workshop offered to parents

by Kelli Easterling

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If you're a parent dealing with a defiant teen or hard-to-manage child, Sandhills Alternative Academy is offering free parenting workshops during the month of February.

"We'll be addressing issues that range from kids who don't want to do their homework to kids who are non-compliant in other ways," said Pam Easterling, director.

The workshop is aimed at helping parents develop the tools to communicate with kids, and handle various behavioral issues as they arise.

"When a baby is born, there is no list of instructions that comes with it," said Easterling. "The staff here is exceptional and well trained, and we hope to show parents ways to encourage and teach children to make the right decisions."

One such method the group hopes to focus on is "discipline with logical consequences."

"This is especially important for older children and teens," she said. "Yelling or extreme punishments can sometimes make kids feel like the only option is to rebel. Helping them see logical consequences to their behavior opens the door to better behavior."

The staff will also focus on teaching parents different methods of discipline.

"Discipline is different than punishment," said Easterling. "Discipline is being able to do the right thing with the right attitude. Children need to learn discipline."

Other parenting skills will be discussed as well, and the floor will be open to address individual parenting questions.

"Everyone is invited to come, we're looking forward to helping parents find the answers they are looking for," said Easterling.

"We work with families on a regular basis, in which the parents feel they have no control," said Easterling. "Looking back, I wish I had these tools myself when I was a first-time mother."

The workshop will be held every Tuesday in February, from 6 to 7:30 p.m. Call 910-417-4922 for additional details.

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