

WELCOME...

TO IMPROVING PARENT-CHILD RELATIONSHIPS

In this video series you will meet real parents and their children. You will see parents who are imperfect and confused. But without exception, you will see parents who feel encouraged about becoming better parents and who are forming strong, positive relationships with their children. Their successes, failures, frustrations, insights and joy will help you develop a new and positive view of parenting.

The parents you meet will also be familiar to you; they are very much like you, struggling with similar problems and trying hard to be the best parents they can. As they watch videotapes of themselves and their children and discuss what they see with a parenting expert, you will gain a new perspective on why parents and children interact as they do. You will also learn new skills that are easy to use and can have an immediate, positive effect on the quality of your family life and your relationship with your child.

HOW TO WATCH THIS SERIES...

Improving Parent-Child Relationships is flexibly designed to meet parents' varying needs and schedules. Each episode stands alone to teach principles and demonstrate parenting skills. You will learn a great deal by watching just one episode. If you are interested in more in-depth learning, the episodes build on each other to present a coherent overall approach to positive parenting. In addition, the *Viewer's Guide* provides an overview and review of principles and skills. In the guide, specific parent-child interactions are analyzed and practical steps are presented that any parent can put into practice immediately.

Many parents report that they find it beneficial to view each episode twice, once before reading the *Viewer's Guide* and a second time after. Each episode is packed with parent-child interactions and parenting topics. As a result, it can be difficult to notice and understand what is happening the first time you watch an episode. During a second viewing, you can begin to apply what you see to your own life and use the exercises in the *Viewer's Guide* to provide a structure for your efforts.

On page 81, you'll find an overview of the principles presented in this program for review. On page 84 you'll find a parenting practices checklist to clip and put on your refrigerator.

