

## Communication

- \_\_\_ 3 C's of Good Communication
- \_\_\_ Emotion Coaching: Raising An Emotionally Intelligent Child
- \_\_\_ How To Talk to Your Daughter
- \_\_\_ Let's Connect: A Guide to Communication-Friendly Parenting
- \_\_\_ Negotiating Sibling Rivalry

## Conflict & Anger

- \_\_\_ Banish Bullies
- \_\_\_ Children Must Be Taught To Deal With Anger
- \_\_\_ Coping With Anger: Yours, Your Child's
- \_\_\_ Don't Run From Kids Anger
- \_\_\_ Fair Fighting
- \_\_\_ Keeping Children Safe
- \_\_\_ Resolving Conflict

## Discipline

- \_\_\_ How To Teach Your Children Discipline
- \_\_\_ Parenting and Positive Discipline
- \_\_\_ The Chore Wars
- \_\_\_ Parents Can Oversee Kids Online Habits
- \_\_\_ Spanking
- \_\_\_ What Style of Parent Are You?
- \_\_\_ Raising A Strong Willed Child

## Divorce

- \_\_\_ Building a Stepfamily
- \_\_\_ Caring Parents Can Lessen The Trauma Of Divorce
- \_\_\_ Children & Divorce
- \_\_\_ Co-Parenting Strategies
- \_\_\_ Divorce, Kids – What The Research Says
- \_\_\_ Hints For Divorcing Parents
- \_\_\_ Successful Stepfamilies

## Infants, Toddlers , (0-3yrs.)

- \_\_\_ Brazelton, Rosemond in Potty Training War
- \_\_\_ Teaching Infants to Sleep Through the Night
- \_\_\_ Terrible Two's
- \_\_\_ What I Wish I'd Known

## Kids (4-12yrs.)

- \_\_\_ Attention Deficit Disorder
- \_\_\_ 150 Ways to Show Kids You Care
- \_\_\_ Getting Organized is the Key to Kids' Chores
- \_\_\_ Growing Up Guide – developing essential traits
- \_\_\_ Handling Homework
- \_\_\_ How To Get Young Children Doing Chores
- \_\_\_ Kid Stress Affects Kids More Than Adults Think
- \_\_\_ Raising Drug-Free Kids
- \_\_\_ Six Points for Raising Children

## Self Esteem

- \_\_\_ Can Parents Hurt Kids by Loving Them Too Much:  
Are You a Hyper Parent Quiz

- \_\_\_ The Self Esteem Puzzle
- \_\_\_ Developing Positive Relationships with Children
- \_\_\_ Developing Your Child's Self-esteem
- \_\_\_ Get It Together for the Kids

## Single Parenting

- \_\_\_ Successful Single Parenting
- \_\_\_ 21 Ways to Avoid Single-Mother Burnout

## Stress & Kids

- \_\_\_ Kid Stress
- \_\_\_ Raising A Resilient Child
- \_\_\_ Stress-Proof Your Child

## Talking to Your Kids About Tough Subjects

- \_\_\_ How To Help Children Deal With Death
- \_\_\_ Talking To Your Teens About Sex & AIDS
- \_\_\_ Talking To Your Kids About Alcohol & Other Drugs
- \_\_\_ What Parents Should Know About Child Sexual Abuse

## Teenagers

- \_\_\_ The Asset Approach
- \_\_\_ Parenting A Teenager
- \_\_\_ Parents' Guide To Sober Teen Celebrations
- \_\_\_ Teens Can Handle Freedom - If You Can
- \_\_\_ Teens Should Take Steps to Adapt Sleep/Wake Schedule
- \_\_\_ Timeless Advice Worth Hearing – Instilling Values
- \_\_\_ Youth Suicide – Get The Facts

## Work and Family

- \_\_\_ Balancing Work and Family
- \_\_\_ Get It Together for the Kids
- \_\_\_ Getting Out In The Morning
- \_\_\_ Guidelines For Parents Of Latchkey Children
- \_\_\_ The Re-Division of Labor: Sharing Responsibilities
- \_\_\_ Work-A-Daddy: Fathers Caught Between Work & Family

### **Other tips services:**

For information on stress, relationships, money, time management, bereavement, eldercare and more, simply call **Solutions EAP at 1-800-526-3485**

For normal, everyday concerns for all kinds of life's pressures, we have the SOLUTIONS!

**FAX to 860-704-6221 or  
MAIL to Solutions EAP**

**213 Court Street, Middletown, CT 06457**

Name \_\_\_\_\_

Address \_\_\_\_\_

Employer \_\_\_\_\_