Unit I: Getting Yourself Ready for the Challenge
Session 1  Parenting Challenges: Let's Get Started
Session 2  You're A Role Model: Be All You Can Be
Session 3  Taking Care of Yourself: To Better Take Care of Your Child

Unit II: Building a Better Relationship with Your Child
Session 4  What Is Appropriate: Understanding Your Child's Behavior
Session 5  Effective Communication: A Key To Building a Healthy Parent-Child Relationship
Session 6  Guiding Your Child's Behavior: Avoiding Power Struggles

Unit III: Coping Strategies
Session 7  Parenting Stress: When Children Try Your Patience
Session 8  Tapping into Your Support System: Keeping It Together