

Individualized Group Sessions for Parents: Effective Behavioral Strategies for Families

Our series of parent training sessions are designed to provide families with practical and effective behavioral strategies. These sessions focus on teaching families about how their children develop behaviors, and how these behaviors are influenced and maintained by their daily care. Our training plan can be customized to meet the specific needs and challenges of each family.

Phone: (626) 878-5443 • Email: gilda@behaviorspecialistsinc.com • www.behaviorspecialistsinc.com

Topics Include:

- Tips on how to foster a positive and supportive atmosphere in the home.
- Strategies for encouraging age-appropriate independence and responsibility in children.
- Promoting resilience and coping skills in children to help them deal with life's challenges.
- Understanding and managing sibling relationships and dynamics within the family.
- The importance of healthy sleep routines and establishing effective daily routines.
- Teaching children about personal safety, setting boundaries, and recognizing potential dangers.
- Guidance on addressing and preventing bullying and fostering healthy peer relationships.
- Exploring different parenting styles (e.g., authoritative, permissive, etc.) and their impact on behavior
- Helping children recognize and manage their emotions, including anger, anxiety, and frustration.



Contact our service provider by email or phone
Gilda Panales, MS. BCBA/OBM/ School Psychologist
Email: gilda@behaviorspecialistsinc.com
Phone: (626) 878-5443

