

POSITIVE SOLUTIONS *For Families*

**FREE
Parenting
Series!**

This program is FREE for all Tennessee families!

Positive Solutions for Families (PSF) is an evidence-informed, seven-part series of workgroups. Parents and caregivers will learn how to use positive approaches and effective parenting techniques to improve interactions with their child(ren), which in turn will support social and emotional development and address challenging behaviors.

Overview of Topics Covered

Session 1: Making the Connection: Talk about building positive relationships with children and the power of positive encouragement.

Session 2: Keeping It Positive: Learn how to use playful interactions to strengthen connection and understand how positively stated directions can help manage challenging behavior.

Session 3: Behavior Has Meaning: Become a behavior detective by practicing ways to determine the meaning of behavior and what influences it.

Session 4: The Power of Routines: Discuss how to set up successful routines and transitions through use of preventive strategies.

Session 5: Teach Me What To Do!: Learn how to teach emotions and feelings while promoting anger management and problem-solving skills.

Session 6: Responding With Purpose...: Discuss how we can respond (in a positive way that works!) when challenging behaviors occur.

Session 7: If I Knew Then...: Review past sessions and strategies while discussing best practices on prevention, teaching new skills, and responses to challenging behavior. Examine resources for continued education and identify supports for children.

To learn more about PSF or Tennessee's Regional Intervention Program, reach out to a program in your area or:

@ rip.tdmhsas@tn.gov

☎ 615-963-1177

🌐 tn.gov/parenting-that-works



LOCATIONS

To enroll in PSF, contact the program nearest you:

WEST TENNESSEE

Memphis

901-678-5258

MIDDLE TENNESSEE

Nashville
615-963-1177

Clarksville
931-920-2347

Columbia
931-490-1556

Smyrna
615-890-4622

EAST TENNESSEE

Cleveland
423-339-6781

Knoxville
865-523-8695