



## TEXT REMINDERS

Short text messages between classes help parents maintain interest, complete their weekly “Steps of Success,” (SOS) and improve attendance. They also communicate that we care.

Here are some ideas for weekly text messages from the facilitator to parents. Obtain your parents’ cell phone numbers from your registration list. Ensure you or your staff obtain cell phone numbers, and inform parents of this feature when they register.

### **Three to four days *before* your first class:**

We look forward to your participation in the upcoming Parent Project Class. We will learn how to *never* argue with our children again! Raise your child’s grades with a system that shows results in three weeks. Not happy about your child’s friends? Worried about gangs or drugs and alcohol? **Mark your calendar for \_\_\_\_.**  
**Our location is: Questions? Call: ( )**

### **Following Unit One:**

Remember to tell your children how much they are loved everyday this week: *say it, write a note or text, or give them a hug.* We look forward to seeing you again next week when we will learn how to *never argue with our children again. We promise to deliver!*

### **Following Unit 2:**

Remember this week’s S.O.S. and refuse to argue with your children this week. Our next class is a powerful Unit – absolutely important for parenting in 2018. Our teenagers generally know far more about mobile apps than we do. It’s time we parents caught up. We will discuss active supervision and explore our children’s choice of media and today’s technology. We will learn how to raise our child’s grades in just three weeks.



### **Following Unit 3:**

Raising children's grades? Easy! Ensure homework is completed daily. Use the letter to teachers in the back of the Parent workbook, and the Homework Assignment Sheet discussed in class.

Enter your child's friend's addresses and phone numbers in your smartphone.

Next week: Teen drug and alcohol use. Consider this scenario: Your child's friend drives up to pick up your child. Would you know how to recognize if *they* were under the influence? Learn the tools you need next week.

### **Following Unit 4:**

Remember: take time for the "Steps of Success." Review Units 2 and 4 and have that conversation with your child about drug use. Don't accuse your child just *discuss* their exposure to drugs and alcohol in their world. Bring your stories to share in our next class - Unit 5. This is the big one – bad peer groups, out of control teens and solutions for runaways. We promise concrete answers for all of those really tough questions.

### **Following Unit 5:**

Have you started this weeks S.O.S? Examine our child's clothing, music, bedroom posters, etc. Which of these items do YOU feel are harmful or inappropriate? Make a list. In our next class we will discuss dating relationships (always a fun subject!). We will develop our personal action plans for behavior change. This is where the "rubber meets the road." We look forward to seeing you on this next week.

### **Following Unit 6:**

Did you implement your action plan? Remember, when we discipline our children it is better to take everything away for a short period of time than it is to take one or two things away for longer periods (TEASPO). If you are struggling with any of this, Unit 7 is for you. It's all about finding help and support. We could all use a little of that. See you there.

### **Following Unit 7:**

I hope you enjoyed the last class as much as we did. As we implement our six step action plans, it's important that we all find support for ourselves. Did you know that there are 3 phases of change and that we can pretty much predict how change will



occur? In our next class we will discover which phase of change your family is currently experiencing.

### **Following Unit 8:**

Which phase of change is your family in? Remember, if things have gotten worse that may be a good thing. It may mean that your family is in the first phase of

change. Things often get worse before they get better. So give yourself a pat on the back. Things are changing! In our next class we will learn some time tested and proven methods for managing conflict in our homes. We promise they will help you calm things down. Only two more classes to go. Keep up the good work. See you all soon.

### **Following Unit 13:**

Remember, the BEST way to teach a child to misbehave is to inconsistently enforce your house rules. Catch yourself being CONSISTENT enforcing the house rules, demonstrating love and affection or giving your child positive strokes when you catch them doing good. Make sure you bring back your stories to share with your group. Our final class is next \_\_\_\_\_. We look forward to hearing your success stories.

### **Following Unit 16:**

We all need support now and then. This is especially true if you are a single parent. We strongly encourage you to keep your support group going, even after tonight's last class. There are 6 additional Units of information there as well. Attending the support group at least until the course is finished will keep you on the road to success. We haven't abandoned you! Call us if you need us.