



- Day care is available at the YWCA for participants' children during class hours.
- Parents must register their children for this daycare at least one week prior to attending class. Daycare forms are available at the YWCA.
- Parents are given a written daily report based on the observations of the class instructors
- Assistance with transportation is provided.

The YWCA mission

The YWCA of Lancaster is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

What parents have told us about the classes:

A mother of three says the classes helped her become a better parent:

"There were so many significant changes I made, it's been exciting not only for me but for my kids also. I learned about talking to my children and how it helps with their vocabulary. I learned not to spank my children because it only teaches them to hit. And I learned about praising my kids. I think it's a wonderful class."

A father explains what the classes meant for him and his son:

"I learned how to nurture my son and care for him in a loving way. I learned how to help my son and myself control our behaviors. But most of all I learned to be all the parent I can be."

For more information contact:

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or

Lancaster County Children and Youth Agency

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717-209-3020

The YWCA is a United Way Agency 8/4/2011

Parent Child Learning Center



A parenting education program

Sponsored by the
Lancaster County Children and
Youth Social Service Agency

Conducted at the
YWCA Lancaster
110 N. Lime Street
Lancaster, PA 17602

www.ywcalancaster.org

WHAT IS PCLC?

- ◆ The YWCA Parent Child Learning Center (PCLC) teaches basic parenting skills to mothers and fathers of children from birth to the age of 5.
- ◆ The classes enhance parent nurturing abilities through healthy communication, understanding of development and the use of non-hurtful discipline techniques.
- ◆ The 10-week program combines classroom sessions with interactive periods for parents and their children.
- ◆ Daycare is available at the YWCA for the children while their parents are in class.
- ◆ Participants are referred through the Lancaster County Children and Youth social service agency, and other community based programs. Self referrals are welcome too.
- ◆ PCLC uses the Nurturing Program Curriculum by Dr. Stephen Bavolek.



PCLC DAILY SCHEDULE

- 8:45-9:00 am Arrival/Doors Open**
- 9:00-10:30 Parent Class Time**
PCLC Room
9:40-9:50 Break
- 10:30-10:45 Child Pick Up Time**
- 10:45-11:00 Healthy Snack PCLC Room**
- 11:00-12:00 Family Time Assembly Room**
11:00 to 11:35 Interactive Time
11:35 Cleanup
11:40 Circle Time: Music-Story-Songs
- 12:00 Dismissal**
- Classes meet on Tuesdays and Thursdays for 10 weeks. Sessions run four times a year.

**eliminating racism
empowering women
ywca**

SOME OF THE PARENTING TOPICS COVERED IN PCLC:

1. A nurturing approach to parenting
Child development
Needs of parents and children
Nurturing routines
Nutrition

Behavior management techniques:

Counting
Limit setting
Modeling
Natural and logical consequences
Offering choices
Praise for being and doing
Prevention
Scheduling and restructuring
Time out
Verbal and physical redirection

2. Disciplining with love

Child and baby proofing
Family rules
Hurting touches
Hurting words
Why spanking does not work

3. Positive parent-child communication skills

Communication techniques
Feelings
Problem solving and decision making
Self esteem and self concept
Stress reduction
Typical sexual development