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ABSTRACT

The STEP course is an educational program for parents which teaches them the ideas and skills they need for raising responsible children and feeling more adequate and satisfied as parents. The authors have developed a package of materials designed for nine training sessions. Each session provides an opportunity to: (1) discuss specific activity assignments which involve the application of the ideas with one's own children, (2) discuss readings presented in the book accompanying the course, (3) listen to a brief professional lecture by the authors, (4) participate in skill building exercises, and (5) consider general problem situations as well as the application of these ideas to one's own concerns. The purpose of STEP is to help: (1) develop understanding of a practical theory of human behavior; (2) learn new procedures for developing more effective relationships with your children; (3) improve communication between parents and children through developing skills for listening, resolving conflicts with children; (4) develop skills in using encouragement, logical consequences and other active oriented procedures; and (5) develop more self-confidence in one's ideas about children and one's abilities as a parent. (Author)

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## SYSTEMATIC TRAINING IN EFFECTIVE PARENTING

The STEP course is an educational program for parents which teaches them the ideas and skills they need for raising responsible children and feeling more adequate and satisfied as parents.

The course was designed by Don Dinkmeyer, Ph.D., President of Communication and Motivation Training Institute, Coral Springs, Florida and Gary D. McKay, counselor, Tucson, Arizona and doctoral candidate at the University of Arizona, Tucson, Arizona. These authors of Raising a Responsible Child have developed a package of materials to develop more effective parents, more responsible children, and as a result, happier families.

The course consists of nine sessions. Each session provides an opportunity to:

1. Discuss specific activity assignments which involve the application of the ideas with your children.
2. Discuss readings presented in the book accompanying the course.
3. Listen to a brief professional lecture by the authors.
4. Participate in skill building exercises.
5. Consider general problem situations as well as the application of these ideas to your concerns.

The purpose of STEP is to help you:

1. Develop understanding of a practical theory of human behavior.
2. Learn new procedures for developing more effective relationships with your children.
3. Improve communication between yourself and your children through developing skills for listening, resolving conflicts with children.
4. Develop skills in using encouragement, logical consequences and other active oriented procedures.
5. Develop more self confidence in your ideas about children and your abilities as a parent.

Who Benefits from STEP:

Enrolling in STEP is not a sign of weakness or deficiency but a recognition that the task of parenting requires training. It is a sign of personal growth and the desire to become a more effective parent.

What is Learned in STEP:

- Session 1 - How to Understand Your Child's Behavior and Misbehavior
- Session 2 - How to Understand Yourself as a Parent - the Child's Emotions and Your Own Emotions
- Session 3 - How to encourage: Building Your Child's Confidence
- Session 4 - How to Listen to Your Child
- Session 5 - Talking and Problem Solving with Children
- Session 6 - Natural and Logical Consequences: An Alternative Method of Discipline
- Session 7 - Applying Natural and Logical Consequences to Influence Children
- Session 8 - The Family Meeting - Planning Fun and Work Together
- Session 9 - Developing Self Confidence and Using Your Potential

Don Dinkmeyer and Gary D. McKay

SYSTEMATIC TRAINING IN EFFECTIVE PARENTING

American Guidance Service, Circle Pines, Minnesota 55014, 1975

## What Are The Qualifications for STEP Leadership?

A STEP leader does not have to be an expert in parent-child relationships. The program itself is designed to be the authority, allowing the leader to serve as a facilitator. The leader's function is to play the tapes, lead discussions on the reading and activity assignments, lead exercises and make assignments.

A STEP group can be led by a person trained in the helping professions - psychology, social work, counseling, the ministry, pediatrics, education, psychiatry. It can also be led by a lay person who is willing to study the manual intensively and has the ability to lead discussion groups.

The Leader's Manual provides detailed information on how to get a group started, leadership skills, and what to do about any problems which may arise in the group.

Each of the nine sessions has a lesson guide which gives step by step instructions for conducting the sessions.

## STEP Materials

Each STEP Kit includes the following.

1. Introductory Tape. A brief cassette presentation for stimulating interest in joining a STEP group.
2. Brochure. A description of the program for prospective STEP participants. A packet of brochures is included in each kit for distribution.
3. STEP Leader's Manual. Introduction to the program, leadership skills, guides for each session, transcripts of cassette tapes.
4. STEP Parents' Handbook. Readings and exercises in principles of effective parent - child relations.
5. Five Cassettes. Brief presentations of concepts and exercises in effective parent - child relationships. These cassettes serve as discussion starters for each session of the course.
6. Discussion Guide Cards. Six cards to serve as guidelines for discussion and remind members of ways to contribute to group sessions. These cards are displayed around the group discussion area during each session.
7. Problem Situations. Examples of child-rearing problems for discussion; these are printed in the Parents' Handbook and help the group generalize and integrate the concepts presented in each lesson.
8. Points to Remember. Nine lists of the basic principles taught - one for each session. The lists, which are included in the Parents' Handbook, can be posted on a bulletin board at home.
9. Posters. Nine illustrations, each emphasizing a major point from each session.

10. Instructional Charts. Visual aids which set forth the major concepts and principles of the program. Duplicates are also found in the Parents' Handbook for home reference.
11. My Plan for Improving Relationships. A form included in the Parents' Handbook for parents to use in privately planning and assessing their progress in dealing with specific parent - child relationships.