
Helping Parents Succeed

*At Your Family Matters
you'll find support to become the
parent you long to be.*

Private Consultations

Helpful Resources

Group Classes

*Tess Worrell is trained in child development and family issues. She writes and speaks on both. But, most importantly she's a wife and mom of eight children who knows the challenges of family first-hand. Let her help you with all your family **matters** because, we know, **family matters** to you.*



- **22 years experience**
- **Trusted**
- **Trained**
- **Compassionate**
- **Creative**
- **Supportive**
- **Confidential**
- **Focused on helping you become the parent you long to be**

3281 N. 300 W.
Madison, IN 47250
Phone: 812-599-7075
YourFamilyMatterstous.com



Your Family Matters

Do you want to be a good parent but just aren't sure what that means?

Family Matters offers classes, resources, and private consultations to help you become the parent you long to be.



*Help—for the toughest
job you'll ever love.*

Classes for all Stages

Parenting to Developmental Stages—

When should we begin setting boundaries? How do we ensure our child builds healthy relationships with peers? What should our teen know before they leave home? In this class, you'll learn the predictable, built-in stages through which children pass and how to take advantage of each stage to accomplish significant parenting goals and guide your child to healthy adulthood.

The Foundation of Good Parenting—

The key to successful parenting? Begin with a healthy marriage. When parents work together and pool their strengths, children thrive. In this class you'll discover the tools to keep your marriage on a healthy footing as you balance work, household chores and outside activities with child rearing. Many couples ask: Why don't we ever see things the same way? Why doesn't my spouse feel loved? How could THAT be fun? If you've pondered any of these questions—this class will help you better understand your spouse, and better understanding leads to a better relationship. The benefits are healthy children now and a relationship that stays strong long after the children have left home.

The First Year of Life—

The hospital actually allowed you to take home this helpless, totally dependent infant—now what do you do? This class offers insight on infants' needs and practical tips on how to meet these. You'll get guidance on practical daily issues (do I let her keep crying or pick her up?) as well as a vision for the three most important goals of parenting an infant. Come with your most pressing questions and find help for this exciting, terrifying time.



Teaching and Training Toddlers—

Toddlers can be terrific—and they can be terrible. They have a mind of their own and aren't afraid to use it. This class gives practical tips on all the aspects of healthily parenting challenging toddlers. You'll learn the primary developmental goals for ages 1 through 4, how to effectively teach the skills they need, and what to do when they refuse to cooperate. You'll leave with aids for understanding the mind of a toddler and guides for taking advantage of this key stage to establish the kind of relationship you will need for the rest of parenting.

The School Years—

School work, sports, extra curricular activities all compete with parents for influence and priority. How do parents use this period to successfully guide their child through the challenges and opportunities coming their way? As our children mature, they become more independent, more complicated, and more interesting. This class teaches the basic stages our children pass through as they move from preschooler to adolescent and how parents can help the transitions flow smoothly. There are tips for maintaining a healthy relationship, helping our children discover their talents, and slowly releasing them to the world.

Taming the Teen—

One minute they're mature, near-adults pulling their weight and ably fulfilling their responsibilities; the next they're childishly demanding their own way and selfishly putting the house in turmoil. What is it with teens? Hormones, responsibilities, life choices, and the desire to just have fun create a complex and sometimes overwhelming challenge for teens and parents. Class focuses on how to understand the world of the teen, how to continue to be the parent while allowing for increasing adulthood, and how to ensure your child is ready to leave home when the time comes.



Private Consultations

Private consultations are also available for parents seeking individual guidance on family issues. Though not therapy, consultations focus on helping parents negotiate the challenges of family in a private setting. Parents who are facing a difficult challenge or parents who just want to get the best start on each stage can come for information, support, and creative alternatives to meeting each phase of family life. Contact information is below for rates and times.



How Do I Register

When—Classes begin the first week of each month and cover four weeks. Call for specific nights and times for the class of your choice.

Cost—Classes are \$40.00 per couple for the four weeks with payment due upon registration.

Register by calling 599-7075 or on-line at

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