



FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you’ll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:** For parents of children from birth to age 5
- **Active Parenting 4th ED:** For parents of children ages 5 to 12
- **Active Parenting of Teens:** For parents of preteens and teens
- **Crossroads of Parenting & Divorce:** For divorced and divorcing parents

Continue your experience as an “active” parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](https://www.acfccares.com) for more information and to start your Active Parenting journey today.

The Power of Problems

One of the realities of life—whether at home, at work or in the community—is that problems will arise. Those who succeed in society are better able to handle problems effectively and to learn from them. Problems move lives forward and help us grow. Problems present a wonderful teaching opportunity for our children, so when a problem does occur, the active parent will take advantage of the opportunity to develop this essential skill. One of the major differences between a successful and an unsuccessful family is how they handle problems. Effective problem-handling skills are key to success in our daily lives and showing our children how to accept and work through problems is a trait that will benefit them for a lifetime. All families have problems but how they respond to them can have a positive or negative effect. For example, rescuing children from their problems sends the message that we don’t think they can make good decisions on their own. We rob them of the opportunity to think of alternatives to handling the problem and the courage to try and fail until they find the right solution. Providing support and being an active listener will encourage your child to talk openly with you about their problems, without fear of criticism or embarrassment. Of course, when health or safety are involved, parents do need to provide discipline.

The Problem-Handling Model below gives some guidelines for determining “who owns a problem” and what type of action should be taken. The next time your child misbehaves or comes to you with a problem, take a moment to apply this Problem-Handling Model and use this as an opportunity to teach this invaluable skill to them.

The Problem-Handling Model

To determine who owns the problem, ask yourself:

- Who is the problem behavior directly affecting, the parent or the child?
- Does the problem involve health, safety or family rules or values?
- Is the problem within reasonable limits for your child’s age and level of maturity?

Once you’ve determined who owns the problem you can apply discipline or support.

- If the parent owns the problem—your children repeatedly get up late in the morning—you can provide discipline, such as moving their bedtime up an hour earlier until they can get themselves up in the morning.
- If the child owns the problem—your child complains that a classmate picks on her—it’s best to provide support by offering suggestions on what they could do to stop this. Let them work through a solution unless they are being physically harmed.
- If the problem is shared—your child is not keeping up with their schoolwork—it’s important to provide discipline and support. Both the parent and the child have ownership in this problem. A solution would be to establish an agreed upon schedule for getting homework done.

Family meetings are an effective way of addressing problems and solutions that everyone can agree on.

And no matter who owns the problem: encourage, encourage, encourage!

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the **[ACFC website](https://www.acfccares.com)**, click on the Active Parenting tab, and follow the instructions on how to view the videos.