

Parenting Minds Feedback

Class of 2010-11

Course Ratings

Last year 121 parents participated in the Parenting Minds program. Participant ratings were as follows:

High Interest/Value = 93% Average Interest/Value = 5% Low Interest/Value = 2%

Comments from Participants

“The program gives parents tools that make parenting conscious and increases the probability that children will be autonomous, independent, productive, caring adults.”

“Mindful thinking, very insightful and structured way of building confidence in myself and my kids.”

“It really makes you think about how you want to raise your children and help them grow as individuals and think about this long-term. There are a lot of valuable materials that will be great to continue to reference.”

“It provides tools, ideas and inspiration for engaging your child into problem-solving and process thinking, which helps them develop self-regulation, self-reliance, and self-resilience.”

“I was very happy to take this class with my husband. The opportunity to step back and think about how you parent, how other people parent, and how you want to parent is a gift.”

“It gives you the parenting, messaging, and role-modeling skills to help your child become a process thinker and a confident, active learner.”

“This program provides systematic training on many perspectives a parent needs to know how to teach kids. The program is well taught and fun to attend.”

“Excellent for reflecting on what I currently do and what ways I can improve and enhance what I’m doing to benefit my child in and out of school.”

“For me it hit the right balance of ideas/paradigm and application.”

“Applicable to all ages, including adults’ ability to positively adapt to challenges and adversity.”

“Meaningful, applicable, resourceful, and fun! No parent who wants to advantage his/her children should miss this opportunity.”

“I would stress that it helps you to be mindful in your parenting and guides you as to how to do so.”

“The Rules of Thumb are critical to problem-solving and daily interaction with our children. It helps to reinforce these rules and make them part of the ordinary thought processes.”

“It provides tremendous tools for your parenting tool box. I wish the parents of all my daughter’s friends would take this course.”

“I will definitely recommend this class. All parents would benefit dramatically in one way or another. It is always good to talk through and take time out to address these issues.”

“I took the class years ago and it was good then. The evolved version is twice as good!”