

RMSER

FATHER+ MOTHER PROGRAM

*Introducing a Consistent
& Predictable Approach
to Strong Nurturing
Behavior Within A
Family*



EARLY POSITIVE FATHER INVOLVEMENT...

- Spending time together
- Lending emotional support
- Giving everyday assistance.
- Monitoring children's behavior
- Using non-coercive discipline
- Providing clear boundaries and expectations

LEADS TO...

- Greater academic success
- More positive social behavior
- Fewer conduct problems
- Better self-esteem
- Lower levels of depression
- Reduced contact with juvenile justice system



TRANSFORMING LIVES!

JOIN US!!!

- **MONTHLY - FIRST & LAST WEDNESDAY (JANUARY 29 - JUNE 24, 2020)**
- **RMSER SETON CENTER, 330 LAKE STREET, PUEBLO CO 81004**
- **ANYTIME ENTRY / NO FEE / AGE 16 & UP / 12 LEVELS**
- **TWO GREAT CLASS OPTIONS -5:00 - 6:00 PM or 6:00 - 7:00P**
- **COMPLEMENTARY RMSER BAG, NOTEBOOK & WORKBOOK**

CAPS (Consistent And Predictable = Strong)

CAPS is a research based, all inclusive program tailored to fit the needs of providing a well rounded spectrum of health, well-being, family structure living through thoughtful life choices. This may include getting out of your "comfort zone," trying new ideas and being that confident role model for your family and others. You are now about to embark on a venture of learning love, nurture, and patience to form a positive influence on the lives of those who look up to you most, your children!

ARE YOU ENGAGED AS A FATHER OR MOTHER?

DID YOU KNOW?

- Father involvement using authoritative parenting (loving and with clear boundaries and expectations) leads to better emotional, academic, social, and behavioral outcomes for children.
- Children who feel a closeness to their father are: twice as likely as those who do not to enter college or find stable employment after high school, 75% less likely to have a teen birth, 80% less likely to spend time in jail, and half as likely to experience multiple depression symptoms.
- Children with actively involved fathers are: 43% more likely to earn A's in school and 33% less likely to repeat a grade than those without engaged dads.
- Father engagement reduces the frequency of behavioral problems in boys while also decreasing delinquency and economic disadvantage in low-income families.
- Father engagement reduces psychological problems and rates of depression in young women.

WHY ATTEND RMSER FATHER+MOTHER PROGRAM?

Objective

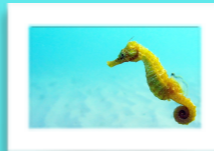
When one first becomes a parent, one finds out quickly, there is no parent handbook, nor owner's manual that to know what to expect, with respect to bringing out the best in one's child, or clearly communicating effectively from a parents point of view. The truth is that parenting is a journey and its different for each individual family. But, that's okay, as **RMSER** is offering a twelve (12) level course that will help parents, grandparents, and extended family support members find creative ways to positively effect behavior, communication, and outcomes aimed towards healthy family living.

Children

Studies show that an environment that is consistent, predictable, and that allows for creativity, will have better outcomes for fostering strong sense of family embodiment of healthy living. To a child, "Family" is where they feel safe physically, emotionally, and spiritually. But, parent is also a child's first teacher, their favorite teacher. The goal of this course is to give practical resources for effective parenting while also being their most effective conduit toward educational success.

Fathers + Mothers & Caregivers

It is just as important that parents feel the support and empowerment to fulfill the many obligations necessary to mold a child. With the resources outlined in this curriculum, a parent will leave knowing more about relationships, healthy communications, and many family dynamics at play in child development. Collaborating with other families in similar situations may also help lessen the worry of uncertainty. Additionally, this **RMSER** program will help parents develop effective strategies to manage the juggling act of home life, school, mental health, physical wellness, and much, much, more!



THINK ABOUT THIS-

Male seahorses go above and beyond when it comes to parenting- they are one of the only species in the animal kingdom known for male pregnancy! That's right, the moms deposit their eggs into the male seahorse's pouch, then he fertilizes and incubates them for (45) days until they are born as full-on tiny seahorses. Seahorse dads may not experience morning sickness, but they they do have to endure contractions as they go through labor.

