

**Littlestown PROSPER**  
**Strengthening Families Program**  
**January – May 2003**  
**Adult Survey Responses**

What was the most valuable thing you learned during this program?

1. not to blow up, talk calmly
2. I'm not such a bad or poor parent. A lot of what we go through other people do also.
3. communication, setting goals, getting along with your child
4. try and remember my daughter is still only a child and allow her that by not expecting her to be an adult
5. that I have a normal 12 yr. old and many of the things that drive me crazy shouldn't. They are normal.
6. to look at my child's point of view and value their opinion, to give positive reinforcement for good deeds instead of just giving negative for bad
7. how important listening and communicating with your child is to develop a good relationship
8. I learned to cool down and think about the way I can respond in a better manner.
9. It is important to set limits and be consistent with consequences. How to be clear with your house rules and expectations.
10. My child has consequences for the choices he makes (i.e. point system) Realizing my child is not alone in issues.
11. It really helped to hear from other parents. Other kids and parents are having the same problems - sometimes my kid was the worst but usually not even close.
12. a different way to approach different issues
13. Being here showed me and my child that we were loved and cared for.
14. Remembering to look at things from my kid's point of view. The idea of family meetings to discuss problems and set up schedules for the week.
15. Learned more constructive ways to effectively communicate. Though would like to have more time with just the parents. Seems once we got going the kids would join the parents.
16. How to listen to my child's point of view, house rules, point system, show love with family time and reward good behavior and following rules.
17. Reinforce strategies that were already being done. Sharing time with parents who are facing similar problems and sharing ideas. I felt that session 2 was a bit repetitive in its presentation. I enjoyed having the sessions with my child and felt it was important for her to see us involved in this program as it was a way to show we care. The facilitators did an excellent job and handled themselves very professionally.
18. To show mutual respect, look at it from child's point of view, give compliments.
19. To try to see things through my son's eyes and always try to understand the reasons my son feels the way he the way he does about a fight or rule or why he is upset when he is disciplined when he misbehaves.
20. Follow thru with consequences, it is ok to walk away and resume a discussion later.
21. Making the family meeting a priority and setting aside family fun time. Also, the importance of working together as a family.
22. Family meetings
23. To take time to cool down before dealing with issues. That describing why or how I felt was as important as the children's feelings.
24. Having regular family meetings, working together as a family.
25. Give reasons for your actions. Let youth explain their feelings or their point of view.
26. talk, talk, talk to your children and ask questions

27. With having older children, I was expecting too much of my sixth grader. I would forget sometimes to remember his age. The program has reminded me to remember and keep in mind his age.
28. Today's society being as it is, female or male, young or old, each have a say so on how we as a family live and grow and as a family can benefit to better serve our community thru this program. Well thought out and received thru the classes given. Most enjoyable.
29. Family meetings, better use of consequences, point system value for this age group (already used a similar system with 6 yr. Old)
30. Thanks, I enjoyed it!
31. Family time and communication are very important. Limits go hand in hand with love and respect.
32. Stay focused, that they'll be tough times but if we work together we can achieve goals. Helping me to assist Mike in his future goals and plans, time management, working together as a family.
33. More respectful and civilized ways to cope with my teenager. Suggestion - workbooks to keep for reference and ideas.
34. Listening to my youth and realizing that they are going through changes. I learned that I needed to listen more. This was very beneficial for me and my family. Thank you!
35. That my child is a person whose worries, pressures and concerns are real. Not just "kid stuff". We have a strong relationship but we are more open now. Thank you.
36. Always step back, keep a cool head and see it from my child's point of view.
37. How to discipline without the screaming, setting rules and sticking to them, respecting my child and getting that in return.
38. How to talk to my child so she will listen and we will get results to solving problems.
39. To listen without offering the answers. Just listening and letting them know they are heard, understood, and accepted.
40. Listen to youth's point of view.
41. Letting my youth know consequences for breaking rules. Including youth in family decisions. Listening to you. Talk about peer pressure. Giving compliments and rewards. Showing love and respect.
42. I think I had the love part but I learned to set and explain limits and follow through with them.
43. The importance of setting clear house rules, ways to deal with bad behavior without yelling, how to understand what my child is going through at this age.