

HOT DOCS Classes

Seven 2½-hour, interactive and hands-on classes that meet once a week. Each session includes:

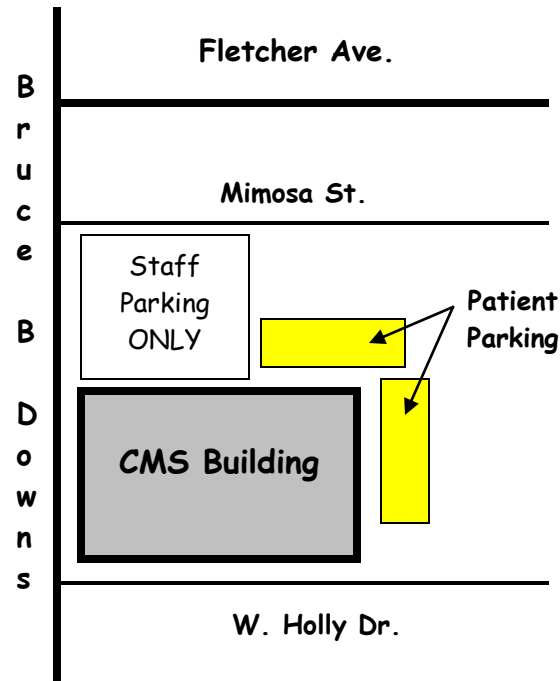
- Social time & skills review
- Weekly lesson, Parenting Tip, and Special Play activity
- Plan development, feedback and coaching

Registration Fees:

- \$100 for 1 or 2 parents or caregivers attending together, regardless of county of residence
- \$100 for each child service provider or professional
- \$300 for Trainer Certification by attending 7 classes and co-teaching 7 classes



Parking Information



Park in Patient Parking spaces at the CMS building. Permits will be given to you by HOT DOCS staff.

BE SURE to display on your dashboard each week.

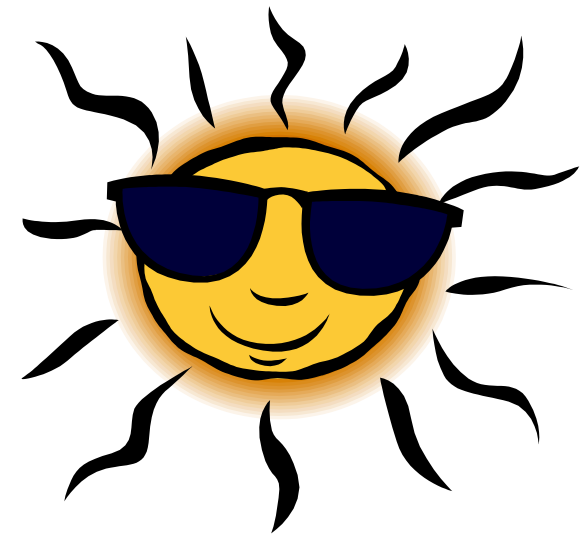
For more information contact:

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HOT DOCS

Helping Our Toddlers,
Developing Our
Children's Skills



Presented by:

USF HEALTH

Department of Pediatrics
Division of Neurobehavioral Health



(813) 974-1048

HOT DOCS

Parenting Course

Negative behaviors such as whining and tantrums are very common during the toddler and preschool years (American Academy of Pediatrics, 2010). Healthy development, relationships, and school readiness may be compromised if these problems are not addressed successfully.

Caregivers may not know how to address these challenging behavior issues, and as a result, the cycle of frustration and stress continues. HOT DOCS offers a child and family-friendly approach to understanding children's needs and solving everyday behavior problems.

Over the course of 7 weeks, participants will learn to understand what causes behavior problems and how to implement realistic solutions that will foster their child's growth and development. HOT DOCS coaches will help each family design their own behavior plan, and provide plenty of support and encouragement along the way.



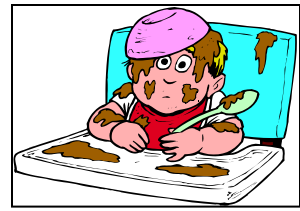
HOT DOCS is designed for parents, caregivers, and child service providers of children between the ages of **birth and 5 years**.



DOCS for Success is an extension of the HOT DOCS curriculum designed to meet the unique needs of parents, caregivers, and providers of school-aged children between the ages of **6 and 12 years**.

Families report that HOT DOCS:

- Highlights their ability to help their own children
- Inspires them by sharing success stories from other families
- Provides parenting strategies that work immediately
- Promotes development of friendships and a support system
- Encourages a problem-solving approach
- Teaches them to set up and follow a behavior plan
- Boosts their confidence and competence
- Improves relationships with their children



HOT DOCS Sessions

Session 1:

Early Childhood Development

Session 2:

Routines, Rituals & Development

Session 3:

Development and Behavior

Session 4:

Preventions to Guide Development

Session 5:

Developing New Skills

Session 6:

Developing New Responses

Session 7:

Reducing Stress with HOT DOCS

Reserve your spot today!

Classes begin in:
August, October
January, May

Find us on:

facebook

"HOT DOCS Parent Training Program"