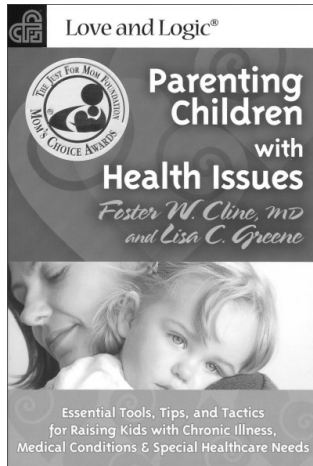


# 2020 E-Learning Program for Parents of Children with CF

## Winning with Cystic Fibrosis: Tools, Tips and Tactics for Raising Healthier, Happy Kids

Do you ever worry about your child not taking good care of him or herself when you're not around? Or maybe your child is showing some frustration or resistance around doing all of the things it takes to stay healthy. Do you ever wish there was an instruction manual for parenting kids with cystic fibrosis? Good news— there is!!



Class is based on the award-winning book

### Discover how to:

- Motivate kids to make wise choices about taking care of their bodies because they *want* to and not just because you tell them to...
- Put an end to power struggles, arguing, whining, and complaining.
- Prevent problems before they start by using effective tools early on.
- Promote responsibility without nagging, lecturing, yelling, or bribing.
- Talk about difficult issues such as life expectancy or negative medical information.
- Prepare your child for the transition into the real world starting in the early years.
- Raise confident, resilient kids with good coping skills and hope for the future.
- Increase the odds that your child will lead a healthier, happy life!

**Dates:** Six Session E-learning class: April 26 through June 7 (Skip May 10 Mother's Day), 2020

**Times:** Sundays; 1:00-3:00 pm Pacific, 2:00- 4:00 pm Mountain; 3:00- 5:00 pm Central; 4:00- 6:00 pm Eastern: United Kingdom 21:00-23:00; Australia will be on Mondays 6:00-8:00 AM

**Location:** In the comfort of your home via computer with Zoom video conferencing and Blackboard E-learning

**Cost:** FREE Includes weekly live video classes, discussion board opportunities and an E-workbook.

This program is for parents/ guardians/ caregivers of children of all ages with cystic fibrosis. It was developed by and is presented by Lisa Greene, MA, CFLE, a parent educator and mom of two young adults with CF.

\* Please note: Anyone dialing into the Zoom conference by phone (instead of computer) may be charged by their telecom service provider according to their calling plan.

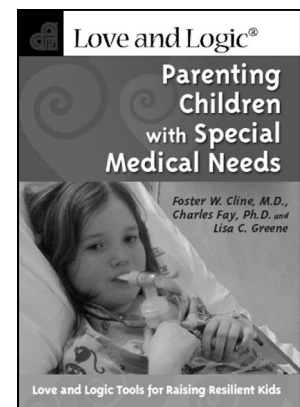
### One parent's story...

I just want to let you know that I am finding this class very helpful. I have been struggling with a lot of the very issues you discussed. Having to follow the CF medical regimen, which is so demanding, can sometimes feel like child abuse.

One time I left the window open and the kids were yelling "I don't want to do it, leave me alone" and my neighbors called the police! The patrol car pulled up outside my house with lights flashing. Two armed police officers came to the door. They asked to see what was going on so I brought them in and showed them all the medical paraphernalia. I explained that the kids did not want to do it. My wife and I were totally mortified. Fortunately, we don't live in that neighborhood anymore.

The "sharing control" and "enforceable statements" concepts are very empowering. It is 100% on target. Thank you very much for this class.

- Pat Conway, parent of children with cystic fibrosis



Class video clips are from the DVD program

To register or find out more information, visit:

**[www.WinningWithCF.com](http://www.WinningWithCF.com)**

You can also contact Lisa Greene at (425) 298-7197

Or email: [WinningWithCF@gmail.com](mailto:WinningWithCF@gmail.com)