

October 2, 2007

FOR IMMEDIATE RELEASE

For More Information Contact:

H. R. Holman, Public Information/Community Relations

Oklahoma City-County Health Department

Office: (405) 425-4361

Cell: (405) 520-9902

Parenting workshop - How personality type affects parenting style

Did you know there is no one right way to be a good parent? In a three session class parents will discover their personality type and how it affects their parenting style. The classes will be held at the Bethany Library, 3510 N. Mueller, on Tuesdays, October 16, October 23, and November 6 from 1:30 to 3:00 pm. These classes will be presented by the Child Guidance staff of the Oklahoma City-County Health Department.

Understanding their parenting style will help parents make the most of their strengths and help them to understand why others parent differently. Parents will complete a Meyers-Briggs personality inventory to help identify their personality type and receive the book MotherStyles—Using Personality Type to Discover Your Parenting Strengths by Janet Penley.

Registration is required and space is limited. To register for this workshop or for more information, contact the OCCHD Child Guidance office at 425-4412. A fee of \$15.00 will be charged to cover the cost of the book and personality inventory. You can also sign up to receive the Parent Express newsletter which provides information on additional workshops, developmental and speech/language consultations offered at metropolitan library sites, and other programs. For information on this program and others, call 427-8651 or go the OCCHD website at: <http://www.cchdoc.com>