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**FOR IMMEDIATE RELEASE**

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## **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 Southern Oaks Library, 6900 S Walker, Oklahoma City on Tuesdays, February 19, February 26, and March 4 from 9:30 to 11:00 am. 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, “Mother Styles—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. Information can also be obtained at the Oklahoma City-County Health Department website— <http://www.occhd.org>