

January 4th, 2024

Dear Parents and Guardians,

As part of ongoing support for families, your child's school is offering a series of classes for parents and guardians through a partnership with the Behavior Intervention Support Team (BIST). These training sessions are designed to provide ways you can support your child's developing academic and behavior skills, as well as increase consistency between home and school.

**BIST Virtual Parenting Series**

**January 30th:** *"Less is More: Are Kids Struggling to Manage All the Things?"*

**February 6th:** *"I Love You Enough to Let You Fall"*

**February 13th:** *"Your Words Hurt My Ears: The Art of Using Cues and Visuals to Avoid Meltdowns"*

**Evening Schedule**

**5:45 - 6:00 PM Enter Zoom Room**

**6:00 - 6:45 PM Informational Session**

**6:45 - 7:00 PM Questions and Answers**

These classes are designed to:

- Create consistency between school and home
- Provide language for adults to use when redirecting children
- Share ways to problem solve to increase your child's success
- Increase generosity and kindness in your children
- Bring a sense of calm to your home

Please join us for any or all three sessions!

**How to Register for Free Training**

These virtual classes are provided free of charge. However, we do ask that you **please register through our website on or before Friday, January 26th**. Instructions for registration are on the page below. We are excited to offer this opportunity to you!

Sincerely,

Marty Huitt, Director  
Behavior Intervention Support Team/Cornerstones of Care  
8150 Wornall Rd  
Kansas City, MO 64114  
@MartyHuitt

To register for this class:

1. Go to <https://bist.org/>
2. Use the dropdown menu "My Account." Click Log In/Log Out.
3. Create a username by clicking "Click Here" under the large LOG IN heading. If you already created a username by previously enrolling in a BIST class, just log in.
4. Enter your information (Name, Email, and a Password). This will register you on the website, but not for the class.
5. Select the class you wish to attend (Parenting with BIST)
6. Follow the instructions.
  - a. Be sure to select "Pay Later via PO" under the Payment Method. This Parent Class is free, but you must select the "Pay Later via PO" option in order to register.
  - b. Select your child's District and School from the dropdown menus.
  - c. Select your position as a Parent unless you are a school staff member. If you are both a parent and a school staff member, you may select either.
7. Once you have registered, you will receive a confirmation email containing the Zoom link for the training sessions.
  - a. If you do not receive a confirmation email by noon on Monday, January 29th, please contact our office at [bist@cornerstonesofcare.org](mailto:bist@cornerstonesofcare.org) for assistance.