

Dear Teleclass Participant,

This is confirmation that you are registered for a Parenting Network Teleclass Series called "Teleclass-Setting Limits to Promote Harmony". Parenting Network is very excited and pleased to provide you with this important and valuable information which you can access from the comfort of your own home or office. This teleclass offers you an affordable and convenient way to get more information about parenting. We encourage you to check www.parentingnetwork.ca often for further offers.

Please read and retain the following important information about the class:

Course: Teleclass-Setting Limits to Promote Harmony

Dates: Tuesday October 18 (Morning Struggles), October 25 (Bedtime Struggles), November 15, 2005 (Mealtime Hassles), November 22 (Chores without Wars)

Time: 1:00 - 2:00 pm E.D.T.

Teleclass Instructor: Beverley Cathcart-Ross

Dial in number: 1-641-297-5400 (based out of Iowa)

Access Codes: 48477 # (Morning Struggles), 42440 # (Bedtime Struggles), 87284 # (Mealtime Hassles), 33379 # (Chores without Wars)

FAQ's:

What is a teleclass?

A teleclass is a moderated telephone class using a bridge line that can accommodate several participants at the same time. Once you dial the telephone number and enter your Access Code, you are connected with other participants.

Is the bridge line a toll-free number?

No. Long distance charges apply to this call. Here are a few suggestions to minimize the long distance cost:

Option 1: **Recommended.* Looney call. The cost is \$1.00 for the first 30 minutes. After 30 minutes the cost is \$0.05 per minute. Dial 10-15-565 followed by the telephone number for the class (10-15-565-1-415-321-2000). For the purpose of this 1 hour teleclass, your maximum long distance cost would be \$2.50. You can find out more at <http://www.looneycall.com> or call 416 279-1368.

Option 2: Call your telephone service provider and ask them for the best long distance rate they can provide.

Will I have the opportunity to address the Teleclass Instructor or speak to other participants?

Yes. Beverley will ask for questions or sharing at specific times during the teleclass. Please address all questions or comments to Beverley and she will ask for participants input where appropriate.

Tips for a successful Teleclass:

1. *Arrive 1-2 minutes early, if possible, so the class can start on time*
2. *Always use a regular land phone rather than a cell or mobile phone*
3. *Create a quiet space from which to participate in the call. Be aware of background noises - pets, phone, heavy breathing etc. that can disturb other participants. You will get the most out of this class if you have the opportunity to really focus on what the instructor is saying. You can mute yourself and any background noise out by pressing "6" on your touch tone phone. When you want to speak, just press "6" again to un-mute yourself.*
4. *If you have Call Waiting feature, please disable it before you call the bridge number. You can do this by dialing *70.*
5. *Turn off ringers on other phones/fax machines in your home/office if at all possible*
6. *Identify yourself when you speak during the class i.e. "Hi Beverley, this is Jane. I have a question."*
7. *Sit back and enjoy the class!!*

We look forward to being on the call with you! Feel free to contact Beverley at 416-480-2499 or her assistant Natasha at 416-367-5613 if you have any questions regarding the upcoming class.