

## **Family Stabilization and Parenting Education Courses**

### **Program Development Objective**

Provide Miller County residents with a 10 week course (Part 1 and Part 2) of education and support that leads to the prevention of child abuse/neglect.

### **Details**

- \*Gas vouchers are available to assist parents in getting to the classes
- \*Meals/Snacks/Drinks will be provided for attendees
- \*Daycare will be provided for the attendees during the course
- \*Home management binders will be provided as a tool box for the parents to use in their home after classes are finished
- \*Enrollment Verification letters will be provided to enrollees when enrolled
- \*Graduation certificates will be provided after completion of the course
  - Attendance % will be printed on the certificate
- \*Signature page at beginning and end of each class
- \*Follow up will be done up to 3 years after course is completed
- \* 20 parent maximum to each class

### **Break Down of the 10 week session:**

#### **Part 1-Stabilizing the Family**

- \*Budgeting/Money Management
- \*Local Resources and how to find/link with resources
- \*Decision Making/Making Good Choices/Why Stability is essential for kids
- \*Hopes/Fears/Goals/Change/Growth/Moving on
- \*Managing Anger/Stress/Emotions

#### **Part 2-Parenting Education**

- \*Co-parenting/Boundaries/Positive Communication (emotional, disciplinary)
- \*Discipline/Behavior Management/Rewards
- \*Positive Interactions/Mindfulness/Importance of Touch/Connections
- \*Nurturing/Responsiveness as Parents/Developing Empathy
- \*Top Parenting Mistakes and Triggers, Power Struggles

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