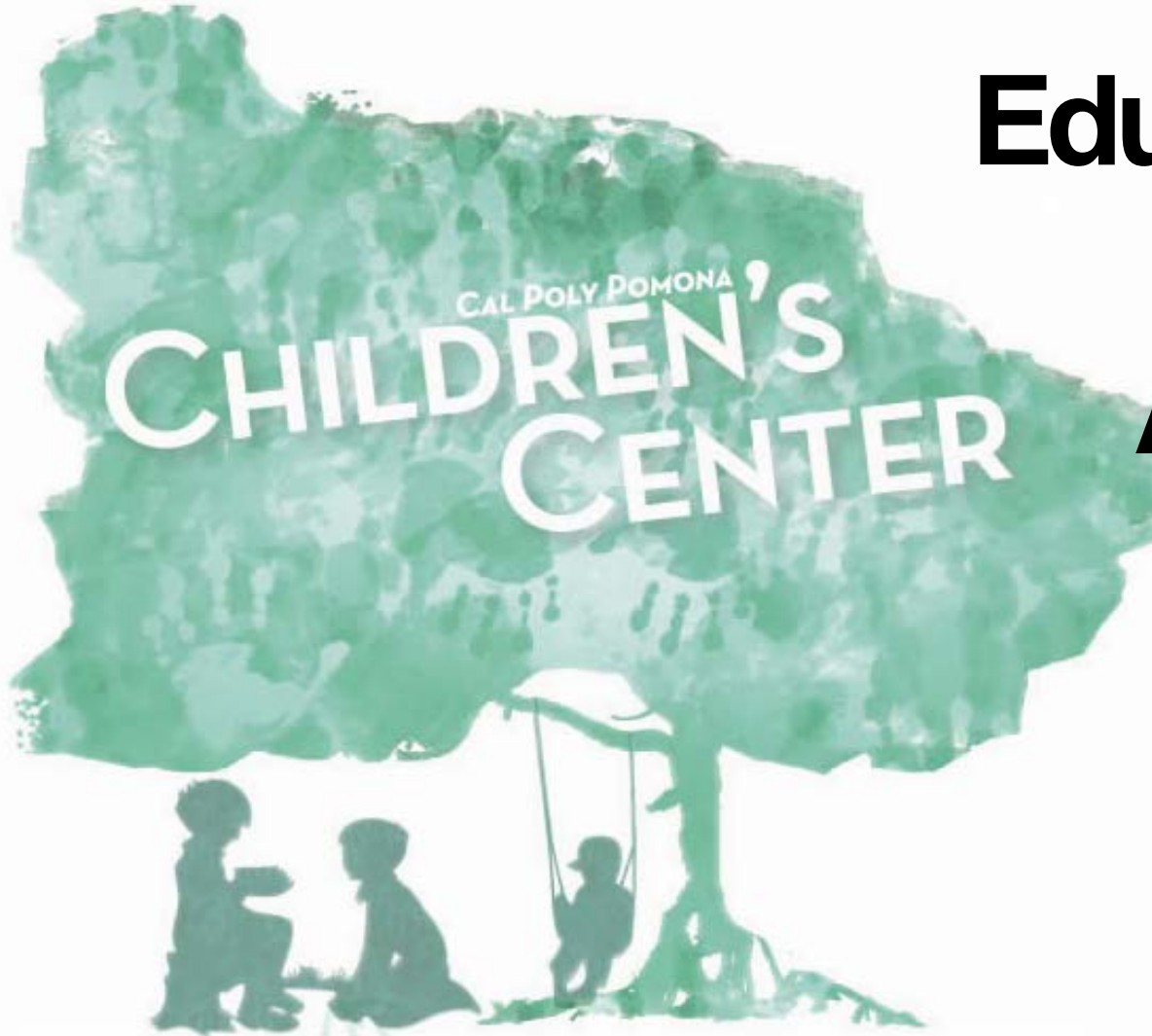


Parenting Education and Support Assessment 2012- 2013



Presented by:
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“Creating Future College Students, Today”

PURPOSE

To help support parents with skills and values that promote positive parenting



Learning Objectives

1. Parents will gain new knowledge on children's development during the preschool years
2. Parents will build a stronger parent-child relationship
3. Parents will better understand how to support their children

Methods

1. 84 families were surveyed on a variety of parenting topics of interest
2. The top four parenting topics were selected
3. Childcare and dinner were provided to participating families

Methods

4. Twelve one hour workshops were held
5. Booklets were provided for each workshop
6. Parents completed a pre and post test

Parenting Topics Selected

August – Child Development

October- Nutrition and Healthy Lifestyle

January- Life Skills

March- Parenting Styles

Learning Outcomes

Parents will:

Child Development

1. Learn to prepare their children for school
2. Be able to name at least one area of child development
3. Use positive reinforcement when disciplining their children

Learning Outcomes

Nutrition and Healthy Lifestyle

1. Be familiar with MyPlate
2. Understand and learn about serving sizes from various food groups
3. Learn at least two healthy alternatives to everyday foods

Learning Outcomes

Life Skills

1. Be able to recognize at least three sources of stress
2. Identify four stress management and relaxation strategies
3. Learn to budget their household

Learning Outcomes

Parenting Styles

1. Be able to understand the four parenting styles and be able to describe them
2. Recognize their parenting styles
3. Be able to set two goals for themselves as “parents” and learn ways to achieve them

Results

An average of 8 participants attended 12 Parent Education Workshops

Parents demonstrated knowledge and gained an understanding of child development

Parents built positive relationships and healthy life style.

Parent Insights From Pre/Post Test

August

What are a few ways to show your child love?

Parent response: *“Spend more time with them, teach them new things, kiss and hug them”*

October

Please list some important tips to healthy eating as a family.

Parent response: *“Eating together, introduce healthy foods, model good eating habits”*

Parent Insights From Pre/Post Test

January

List four stress management strategies.

Parent response: *“Make time for fun, planning, accept what you can’t change, talk to peers,”*

March

What are your goals as a parent?

Parent response: *“To encourage my child, to provide a safe environment, and to think for themselves”*

Conclusion

The parents received opportunities to learn, share resources, socialize and interact with other parents



Future Steps

New strategies will be used to encourage more parent participation with future parent workshops

Staff will receive further training on methods

