



Strengthening Multi-Ethnic Families and Communities

PROGRAM TEACHING PROCESS

A **Facilitative-Discussion Format** is used to *raise parent level of consciousness* by encouraging parent discussion of curriculum concepts. When parents are in a safe and supportive environment, and learn the negative and positive consequences of different parenting strategies, they will struggle within themselves to change. The effectiveness of this method is based on the belief that *true learning comes from within*, and that *parents will take responsibility for making the best choices they can*.

The **Parent Manual** is written on two levels. A high school reading level is used when describing the rationale behind the concept, and an eight-grade reading level is used when listing the steps to implementing each method.

Reading is **NOT** a requirement to participate in the program. The facilitator is expected to read every thing presented on slides.

CLEAR INSTRUCTIONS

It is our responsibility to make it as easy as possible for our children to learn to do the right things. When we give them CLEAR INSTRUCTIONS, they can behave in a more appropriate, positive, respectful way. They will know exactly what is expected instead of guessing at what we want to see or hear. When children feel they have succeeded in meeting parent expectations, their self-confidence and self-esteem is enhanced.

1. GIVE APPROPRIATE STEP BY STEP INSTRUCTIONS.
(AGE, ATTENTION SPAN, ABILITY, ETC.)
2. DESCRIBE EXACTLY WHAT YOU WANT TO SEE/HEAR.

Role-Play: Parents role-play different parent-child situations to help them learn the steps to the different discipline methods. Role-Play is also incorporated into the Managing Anger Segment (Sessions 7-10), encouraging parent-child discussions on a variety of issues (sex, drugs, crime).

Follow-Up Activities ask parents to try the methods they have learned and to conduct a number of activities with their child.

Worksheets

The program includes 12 Worksheets to assist parents in developing their relationship with their child and in implementing different parenting strategies. Worksheets specifically for parents are also included.

ATTENTION CHART

WHO: (Child's Name) _____
 WHAT: (Describe Behavior) _____
 WHEN: (15 Minute Interval) _____
 WHY: (Reason For Behavior) _____

	MON	TUES	WED	THUR	FRID	SAT	SUN
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

CIRCLE OF INTERDEPENDENCE

A circular diagram divided into 12 segments, with a central circle. The segments are arranged in a ring around the center.

MAKING COMMUNITY CONNECTIONS

AGENCY NAME: _____
 ADDRESS: _____
 PHONE NUMBER: _____ CONTACT: _____

WELL, MY HOME IS _____ AND I AM IN A PARENTING CLASS THAT IS BEING ORGANIZED BY _____ IF YOU CAN GIVE INFORMATION ABOUT YOUR AGENCY THAT I CAN SHARE WITH THE GROUP, OR THERE SOMEONE THAT I CAN TALK TO.

WHAT IS THE DIRECTION?
 WHAT TIME OF SERVICES DO YOU OFFER?
 DO YOU HAVE COMMUNITY MEETINGS?
 IF YES, WHAT WOULD YOU BE COME TO GET THIS UP?

