

Practical Parent Education

Facilitator's Guide

Table of Contents

Acknowledgments.....	i
Letter to Parent Educators.....	ii
Overview of Practical Parent Education.....	iii
Program Components.....	iv
Characteristics of an Effective Parent Education Program.....	v
Using the Facilitator's Guide.....	vi

Section 1. Understanding Your Role as a Parent

- 1.1 Understanding the Family System as a Whole
- 1.2 Recognizing Traits in a Healthy Family
- 1.3 Identifying Your Role as the Primary Model for Your Child

Section 2. Developing Trust within Families

- 2.1 Developing and Maintaining Trusting Relationships within the Family
- 2.2 Understanding Attachment and Bonding between Parent and Child
- 2.3 Rebuilding Trust that has been Broken
- 2.4 Parenting from a Distance

Section 3. Communicating within the Family

- 3.1 Communicating Effectively with Children at All Stages
- 3.3 Expressing and Communicating Feelings and Emotions
- 3.4 Identifying Family Communication Patterns
- 3.5 Communicating with Children about Sexuality
- 3.6 Dealing with Anger in the Family
- 3.7 Helping Children Learn to Manage and Resolve Conflict Peacefully
- 3.8 Defusing Family Disagreements

Section 4. Building Self-Esteem within the Family

- 4.1 Building and Nurturing Self-Esteem in Children
- 4.2 Knowing and Valuing the Child as an Individual
- 4.3 Building and Nurturing Self-Esteem in Parents
- 4.4 Encouraging Children's Growth in Social Skills
- 4.5 Helping Children Learn to Make Healthy Choices
- 4.7 Teaching Children Kindness and Respect for Other Children
- 4.8 Helping Children Learn to Handle Competition
- 4.9 Understanding the Powerful Influences of Gangs on Children
- 4.11 Understanding the Complexities of Bullying and Social Cruelty in Children

Section 5. Understanding Parenting and Power

- 5.1 Establishing Authority as a Parent
- 5.2 Choosing Effective Discipline Techniques
- 5.3 Giving Children Responsibility for Themselves
- 5.4 Dealing with Sibling Rivalry
- 5.5 Encouraging Motivation in Children
- 5.6 Developing Teamwork in a Child's Educational Experience
- 5.7 Resolving Homework Issues
- 5.8 Understanding How Parenting Patterns in the Early Years Set a Course for the Future
- 5.9 Building a Powerful Parenting Role to Prevent Youth Substance Abuse
- 5.10 Recognizing and Responding to Child Behaviors Outside the Norm
- 5.11 Raising Children of Character
- 5.12 Creating Family Memories: Traditions, Rituals and Routines

Section 6. Accepting and Growing through Natural Transitions in the Life Cycle

- 6.1 Understanding Developmental Stages in Children
- 6.2 Moving through the Stages of Parenting
- 6.3 Dealing with Stress in the Family
- 6.4 Helping Children Handle Peer Pressure
- 6.5 Easing Transitions into Adolescence
- 6.7 Strengthening the Father/Child Relationship
- 6.9 Parenting the Second Time: Grandparents Rearing Grandchildren

Section 7. Accepting and Growing through Unexpected Transitions in the Life Cycle

- 7.1 Coping with Mobility and Relocation
- 7.2 Helping Children Cope with Change and Loss
- 7.3 Growing through Single Parenting
- 7.4 Growing through Stepparenting
- 7.5 Understanding the Complexities of Teenagers as Parents
- 7.6 Balancing Parenting and a Career
- 7.7 Meeting Needs of the Family with a Special Child
- 7.8 Building Resiliency in Children
- 7.9 Creating Cultural Harmony in the Family: Balancing the Challenges of Bi-Cultural Parenting
- 7.10 Parenting to Counterbalance Outside Influences: When Pop Culture Collides with Family Values
- 7.11 Are Our Children Growing Up Too Fast?

Section 8. Parent Educator Facilitation Information

Section 9. Program Implementation Information

Section 10. Module Evaluations