Parent to Parent

Program Overview

• Parent to Parent is a 10-week parenting course that assists parents in addressing challenging childhood behaviors
• Parent to Parent was developed using the evidence-based COPE curriculum, originally designed for parents of children with ADHD

Participant Criteria and Locations

• Open to all parents of children ages 0-12 in Orange County who self-identify a need for the course
• Classes are provided at no cost to the participant with funding provided by the Orange County Health Care Agency
• Classes are located in community-based settings throughout Orange County (see www.p2p.brightfutures4kids.org for current locations)
Curriculum Overview
• Once a week for 2 hours/ 10 weeks
• Parents work in a large & small group settings
• Each week short video clips are shown highlighting “parenting errors”
• After each video, sub-groups discuss the impact of the errors made and discuss the consequences and alternative strategies
• The facilitator or participants demonstrate the strategies discussed by the group
• Parents practice strategies at home

Curriculum Topics
• Session 1: Introduction and Information Session
• Session 2: Strengthening Relationships
• Session 3: Reducing Conflict
• Session 4: Encouraging Cooperative Transitions
• Session 5: Special Incentives I
• Session 6: Collaborative Planning I
• Session 7: Special Incentives II
• Session 8: Consequences for Serious Problems
• Session 9: Problem Solving
• Session 10: Collaborative Planning II and Closing Session

Outcomes
• Parents will typically develop new skills and feel more confident about handling difficult children
• Parents will explore alternative strategies, strengthen skills, and prevent the emergence of future problems
• Parents should see positive improvements in their child’s behavior
First Year of Implementation (thru April 2013)

• 912 classes (69 completed courses)
• 13,092 class attendance
• 2,750 unduplicated class participants
• 291 child care sessions with 2,610 children
For more information, please contact:

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