

## **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 <a href="www.p2p.brightfutures4kids.org">www.p2p.brightfutures4kids.org</a> 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

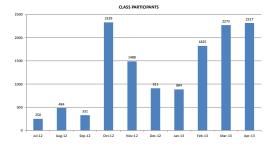
	re here to help!
C3 10	
	- CARRELL
Available in 10 consecutive sessions, the program is designed to help you:	e PARENT to PARENT
program is designed to help you:	
program is designed to help you:  Network with other parents in your community.	
program is designed to help you:  Network with other parents in your communi Strengthen your relationship with your child	
Program is designed to help you:  Network with other parents in your community Strengthen your relationship with your child Find positive approaches to parenting	
Program is designed to help you:  Network with other parents in your communistrengthen your relationship with your child Find positive approaches to parenting Build on existing parenting skills Communicate effectively with your child Class Information SIGN UP NOW Open to parents and caregivers with children	PARENT TO PARENT FOR MORE INFORMATION OF
program is designed to help you:  Network with other parents in your communi  Strengthen your relationship with your child  Find positive approaches to parenting  Build on existing parenting skills  Communicate effectively with your child  Class Information SIGN UP NOW	PARENT EQUATION PROGRAM  For more information or to sign up for a
program is designed to help you:  Network with other parents in your communi  Strengthen your relationship with your child  Find positive approaches to parenting  Build on existing parenting skills  Communicate effectively with your child  Class Information  SIGN UP NOW  Open to parents and caregivers with children ages to 12 years of age	PARENT EQUATION PROGRAM  For more information or to sign up for a



# First Year of Implementation (thru April 2013)

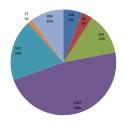
- 912 classes (69 completed courses)
- 13,092 class attendance
- 2,750 unduplicated class participants
- 291 child care sessions with 2,610 children







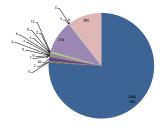
COURSE PARTICIPANTS UNDUPLICATED - AGE



Child 11-15 years
TAY 16-17 years
TAY 18-25 years
TAY 18-25 years
Adult 26-39 years
Adult 40-59 years
Unknown

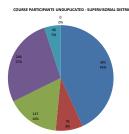


OURSE PARTICIPANTS UNDUPLICATED - RACE/ETHNICITY



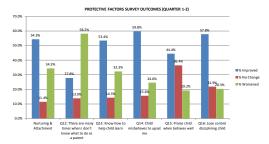
BHispanic, Latino, or Spanish Origin
BAmerican Indian/Rada Native
BAsian Indian/Rada Native
BAsian Indian/Basia American
BCambodan



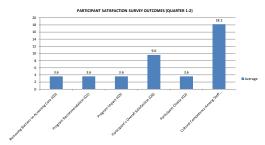


First
Second
Third
Fourth
Fifth











For more information, please contact:

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Or go to: www.p2p.brightfutures4kids.org