



**Duration:** (3-2 hr. sessions for a total of 6 hrs. needed to complete Certificate classes)

The **Strengthening Families Program (SFP)**, for parents (single parents & couples) of young children to older youth, has made a difference in thousands of families in all 50 states and in over 25 countries.

Our SFP is an intense 3 week evidence-based parent and family skills-building curriculum with a certified SFP trainer (and MSW/ICPS certification) and session/home practice activities, quizzes, and is proven to:

- Delay the onset of adolescent substance use
- Lower levels of aggression in youth
- Increase the resistance to peer pressure in youth
- Reduce youth conduct problems in school

SFP improves parent skills including building a positive relationship with their youth, setting appropriate limits, and following through on consequences, while showing love and support for their children. SFP has been reviewed by researchers and rated as an exemplary, model, evidence-based program. It has been approved for implementation endorsement by:

- The White House Office of the First Lady Helping America's Youth (Hay)
- The White House Office of National Drug Control Policy (ONDCP)
- The National Institute on Drug Abuse (NIDA)
- National 4 -H & Cooperative Extension (Program of Distinction)
- Blueprints for Violence Prevention (Promising Program)
- The Center for Substance Abuse Prevention (CSAP)
- The Center for Mental Health Services (CMHS)
- The U.S. Department of Education (USDOE)
- The Office of Juvenile Justice and Delinquency Prevention (OJJDP)
- Annie E. Casey Foundation (Family Strengthening Award, 2007)

### **SESSION 1-PART 1**

#### ***Introductions & Group Building***

- Parenting Skills Pre-Survey
- Attendance, Expectations & Overview
- Participant Intro
- Why Parenting Skills & SFP?
- Parenting Styles/Learning Styles
- Where do we learn parenting?

### **SESSION 1-PART 2**

#### ***What Kids Can/Can't Do & Family Stress***

- Charting what our kids can do
- How to spot stress in children & parents
- Taking special needs into consideration
- Anger Management for Parent
- Preventing child abuse & neglect

### **SESSION 1—PART 3**

#### ***Rewards, Noticing & Ignoring***

- Things to remember about rewarding children
- How and when to praise children
- How & when to notice & ignore your child
- How to stick with a plan regardless

### **SESSION 2-PART 4**

#### ***Communications & Family Relationships***

- Starters & Blockers: Roadblocks to effective communication
- Family communication skills coaching
- Family Meetings & Emergency Planning
- How to communicate sensitive family matters
- Communication for today's children/teens

### **SESSION 2-PART 5**

#### ***Setting Limits & Giving Directions***

- When your child doesn't follow directions
- How to give your child a warning "cue"
- Types of command that do not work
- Let's talk about punishment & discipline

### **SESSION 2-PART 6**

#### ***Techniques for Addressing Unwanted Behavior***

- Decreasing your child's unwanted behavior
- Using problem solving techniques
- Review of evidence-based techniques
- Cultural & Gender specific techniques

### **SESSION 3-PART 7**

#### ***Family Life & It's Impact on Parenting***

- Healthy/Unhealthy Family Roles/ Rules
- Where do I/they fit in? (Birth Order, Kinship & Family Connections)
- Sibling Rivalry & Relationships
- ATOD/Violence Prevention & Techniques

### **SESSION 3-PART 8**

#### ***What I Wish I Knew (Other Side of Parenting)***

- Child/Paternal Health & Nutrition
- You are your child's first teacher
- Children, Finances & Budgeting
- Children & Transitions (moving, placements, grief) grief, parent incarceration & military
- Dating & Marriage w/Children
- Parenting Skills Post-Survey