Leadership Training Response 2: Parent Programs

Parent Café

The philosophy that guides this approach to working with the parent café is on the research on Strengthen Families Framework and the five protective factors. It is for parents to participate in meaningful, guided conversations about what matters most, their families. The rules or agreements for parents that come are to speak form your experiences using the I statement, listen attentively, no judgment: positive or negative, do not give advice, confidentially, and turn cell phones off. The family goals associated with the participation is to be able to talk to other parents about their experience with their family and help them feel safe in the environment. This helps parent know that they aren’t alone and they can relate to other people. Also, it is a great way to be listen and help parents realize and think about topics they haven’t touched on. My impression of how effective this approach is, it can be lead to great results. Just getting a glimpse of how it works by trying it was great and I can only imagine what it does to parents. Hearing the experiences about the impacts it has on family is already a positive one.

Program 1

 The program Parents and Children Together (PACT) serve families that are in Dane county that are headed with cognitive disabilities and must have a child that is five or under living in the home. The programs goals for participating families are to help parents with cognitive limitations nurture children. It provides unique strategies for each family support and get helps with services that address the challenges of family life. The requirements for participations are the same as for who they serve. There is no evidence that I could find that show that these program is effective.

<http://www.centerforfamilies.org/Services/parents-and-children-together.aspx>

Program 2

The program parent Management Training- the Oregon Model (PMTO) serves family who have children ages from four to twelve. The programs goals for participating families is to teach parenting skills to parents who are exhibiting behavior problems through a trained that goes 12 to 20 weeks by meeting with individuals families. The requirements for participating in this programs are vague because they aren’t stated in their website. There is evidence that the program show is effective. A study found that participants in this program result in reduced delinquency and problem behavior in children and reduced depression and more effective parenting in mothers. It is a theory-based intervention that is supported mt National Institution of Health.

<http://www.isii.net/website.isii/NewFiles/history.html>

Own Program

 The element that from the programs previously describes above that I would incorporate into my parent program is the whole notion of parent gathering together. After the parents have a chance to debrief about certain topics, give them a lesson on strategies they would like to hear and back it up with research. Also meeting with individual family if the families request it. The program goals that I would establish is to make parents feel comfortable and safe in order for them to share their experiences and to have an open mind of new methods to help them be more successful with their families. I would run the meeting once a week, be able to provide food and daycare. The meeting should be about 2 hours. One hour for discussion another for learning. The parents will rotate to get to hear new perspective and meet new people for the first hour. Then we will give them the choices of the topics and break them down to groups of what topics they want to hear. I will collect data to make sure this program is effective because I can be able to make changes, add things or something to make it better and more accurate.