

Module 2:

Helping Parents Succeed (Part 1)

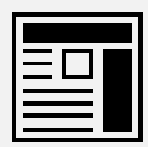
Introduction

Children come to the world without a manual to let us know how to parent them. Instead, each of us, as parents, decides how we want to raise our children. How we parent is influenced by our own personal values and beliefs, as well as by our culture and our own upbringing. All this means that there isn't a right or wrong way to parent our children. At the same time, we know from research that certain parenting behaviors can help children develop healthy attitudes and behaviors. The purpose of this module is to provide guidance on what are some of those effective parenting behaviors that support healthy and happy children and youth.

Introduction (continued)

Specifically, this module covers the following topics:

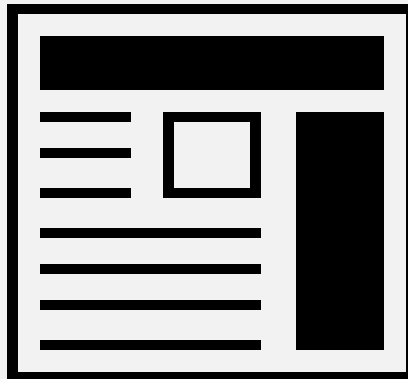
- Building strong family relationships
- Effective parent communication
- Identifying when your child might be struggling
- Building children's social skills and emotional skills
- Setting rules and monitoring behaviors
- Recognizing different family structures
- Parenting during COVID-19



2.1 Building strong family relationships

According to the [American College of Pediatricians](#), spending time together as a family helps children and youth have better behavior, less stress, and increased confidence, among other benefits. Below is an article that provides helpful strategies for parents to build strong family bonds. Read the article and write down which strategies really make sense to you.

[Building Strong Family Relationships](#)





Exercise: Building Strong Family Relationships

Imagine talking to a parent who tells you they are struggling to connect with their two children—ages 11 and 13. Based on what you read/watched, think about two or three different strategies that you can suggest to this parent for connecting with their children. What behavior or family routines would you recommend they try doing or changing?

Need more information? You can look for more information in other resources such as the [Parent Toolkit](#) or the [A Fine Parent](#) site.

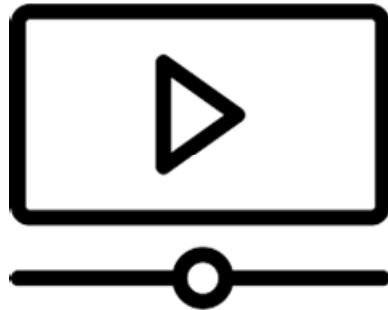
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2.2 Effective Parent Communication

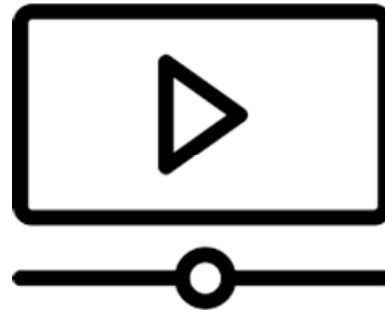
One parenting skill that has shown to be critical in raising healthy children and youth is parent-child communication. In fact, research has shown that children and youth are more likely to listen to their parents when they make decisions about their health (like using drugs and alcohol, and becoming sexually active) than any other individual in their lives. It might not always feel that way, but when we speak our children and teens listen...and when they speak, we should listen. On the next slide you will see two videos about effective strategies for parent-child communication. Watch either of the two videos (one addresses communication with young children and one addresses communication with adolescents). Write down notes as you read/watch.

Effective Parent Communication

Communicating with
your Child (Young
Children)



Parent Teen
Communication





Exercise: Effective Parent Communication

EXERCISE: If a parent asked you for advice on how to best speak to their child, what would be three tips you would provide based on the article and video you watched?

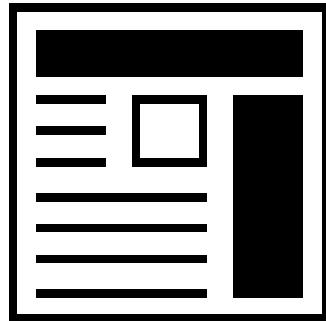
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2.3 Effective Parent Communication

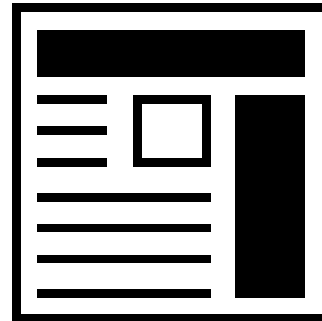
There are times when parents will have to have conversations with children about difficult topics—drug and alcohol use, sex, divorce, death, and mental health issues. These conversations are never easy, but if parents have some resources available, they may feel more comfortable having those conversations. This is where you, as a PEER Ambassador, can support parents. On the next slides are two resources that offer parents recommendations for engaging in difficult conversations with their children. Look through them, and use them to complete the exercise that follows.

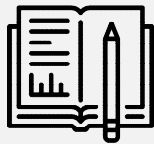
Effective Parent Communication

Tough Topics



How to Talk to Kids
about Tough Topics





Exercise: Difficult Conversations

EXERCISE: A parent in your neighborhood calls you and tells you that her husband suffered a non-fatal overdose and is currently in the hospital. What scares the parent the most is having to explain what happened to their 12-year-old child. Search for information in any of the three resources above that will provide you with the type of recommendations you can give to the parent. Write down three key messages you would share with this parent.

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