



# Prep to Parent

## Content Areas

Relationship | Discipline | Wellbeing  
Communication Skills | Household Mgt.

## Audience

Corrections | General Market

## # Modules

20 Total

## Instructional Time

:90 Minutes Each  
Up to 40 Hours

## Format

Video Lectures | Individual & Group  
Activities | Discussion Questions

## Availability

DVD | Online





Completely Modular

# Video Topics



Topic	Detail
<b>Personal Foundations</b>	Inventory of personal needs, strengths & assets in parenting. Reflection on one's upbringing. The role of social support and resources for help.
<b>Vision &amp; Values</b>	A vision for parenting, impact of family structures (e.g. single parent, blended etc.), importance of mother/father roles, & defining the values of your home.
<b>Family Dynamics</b>	A look at healthy family dynamics (integrity, co-parenting etc.) and common unhealthy dynamics (substances, violence, abuse, neglect). How to respond.
<b>Ages &amp; Stages</b>	Developmental milestones & interaction pointers, safety tips, and special challenges (e.g. potty training in toddler) by common age/stage groupings.
<b>Dealing with Feeling</b>	Theory about emotions, how emotions (both yours and your child's) play out, common thinking traps (e.g. guilt/shame), and coping/regulation strategies.
<b>Consider, Then Respond</b>	Active listening, verbal (structured thought/word choice/delivery) & physical (body language/touch) communication, and conflict management skills.
<b>Choices &amp; Consequences</b>	Understanding age-appropriate choices for children, positive & negative consequences, and the road to independence in adulthood.



Completely Modular

# Video Topics



Topic	Detail
<b>Discipline vs. Punishment</b>	Clarifying the difference, providing age/stage guidance, (re)establishing an authority role & examples of common situations and responses.
<b>Praise &amp; Encouragement</b>	How to be a positive role model in your child's life, acknowledging efforts & accomplishments, and seizing opportunities through teachable moments.
<b>During Incarceration</b>	Hurdles of initiating & sustaining contact, building a relationship of positive influence with children and guardians, & a structured communication toolkit.
<b>The Well Child</b>	Info on physical/mental/social wellbeing by age/stage. The role of checkups, immunizations, physical activity, & nutrition. Stress indicators in children.
<b>Keeping the Wheels On</b>	Household mgt. (commitments, scheduling, routines, family meetings etc.), childcare, financial responsibilities & community services/resources to help.
<b>Shaping Influences</b>	Parental engagement in a child's education, enrichment activities, friend groups, other legal guardians, role models, and launch into adulthood.
<b>Risky Behaviors</b>	How to have age-appropriate conversations about sex & sexuality, porn, underage drinking/smoking, substance abuse and where to go for help.



Completely Modular



# Video Topics

Topic	Detail
<b>Tech Troubles</b>	Overseeing media consumption, practical suggestions for device access, social media use, video games etc. by age/stage. Tech impacts on parents.
<b>Special Situations</b>	Discuss common challenges for children with special needs, childhood trauma, and those who are deemed “at risk.” Parent education & advocacy.
<b>Legal Challenges</b>	Typical legal issues involving children such as positive engagement with CPS and related stakeholders, child support, divorce impacts, and custody issues.
<b>Parenting in Practice</b>	Understanding the “assertive” parenting style, how to deal with multi-child households, ideas for recovering from spirals and drifts from the parenting vision.
<b>Transition &amp; Reunification</b>	The opportunities and realities of the transition and reunification process, with emphasis on developing a multilateral transition plan.
<b>Playing Your Role</b>	An interdisciplinary capstone that focuses on various roleplay scenarios and “best-case” responses. Cases map key learning back to each of the other topics.



## Step-by-Step

# Class Sessions

**2. Vision & Values**  
Facilitator Prep Guide  
Unit Description:  
If you want to lead your family well, it helps tremendously to have a roadmap. As life changes, knowing your values and having a strong vision for your family helps to keep all of you moving toward healthy goals.  
This unit will address:  
• A compelling vision for parenting  
• The different types of families  
• Deciding on key values

**1. Introduction to the Lesson**  
Today we are going to discuss a compelling vision for parenting. We will talk about different types of families and how to decide on key values and develop goals. The structure of our class will be:  
• 30 Minute Class Flow  
• 05 Introduction  
• 10 Video Segment 1  
• 10 Discussion Questions  
• 10 Video Segment 2  
• 10 Discussion Questions

**PS93: Family Dynamics**  
Name: \_\_\_\_\_  
1. \_\_\_\_\_ "Good soil for growth" in your family does NOT include:  
a. Integrity  
b. Imperfection  
c. Natural Instincts  
d. Realistic Expectations  
2. \_\_\_\_\_ Integrity includes:  
a. Honesty  
b. Broken promises  
c. Inconsistency  
d. Mistrust  
3. \_\_\_\_\_ True or false, children's difficulties are opposites.  
4. \_\_\_\_\_ True or false, parents should be perfect.  
5. \_\_\_\_\_ Which of the following is an element of a healthy family?  
a. Time Together  
b. Technology  
c. No boundaries  
d. Chores  
6. \_\_\_\_\_ True or false, kids who see failure modeled by parents are more likely to fail.  
7. \_\_\_\_\_ Which of the following is NOT a role we do as parents?  
a. Caregiver  
b. Bully  
c. Achiever  
d. Teacher  
8. \_\_\_\_\_ Which of the following is NOT a physical need?  
a. Physical  
b. Neglect  
c. Emotional  
d. Sleep Deprivation  
9. \_\_\_\_\_ When thinking about co-parenting:  
a. Talk trash about your ex  
b. Make a big deal about handoff  
c. Make your contempt clear  
d. Set rules & roles  
10. \_\_\_\_\_ True or false, when someone is a parent, they are a parent for life.

**Activity Worksheet**  
Name: \_\_\_\_\_  
Directions: First, CIRCLE three values from the list below that are very important to you. If you want, you can also write your own. Next, develop a vision statement using the template. Then, write goals and consider any roadblocks.  
VALUES: While several may be important to you, circle the three MOST important.  
Spiritual & Existential Character Financial Health & Wellness Education & Career Traditions  
Prayer Humility Saving Eating Healthy Lifelong Learning Holiday Traditions  
Faithfulness Gratitude/Perseverance Financial Stability Exercise Knowledge Service to Others  
Modesty Gentleness Moderation Recreation Advancement Dives Together  
Study of Texts Forgiveness Generosity Adventure New Skills Game Night  
Community Self-Control No Debt Rent Usable Wage Special Days/Dates  
Participation Responsibility Stewardship Good Relationships Graduation Family Vacations

**Parenting Styles**  
Assertive  
High Expectations  
High Nurturing  
Firm, Flexible Parents  
Secure, Responsible Kids

## 90- Minute Class Flow

:05	Introduction
:10	Video Segment 1
:10	Discussion Questions
:10	Video Segment 2
:10	Discussion Questions
:10	Quiz
:30	Activity
:05	Transitions

Anyone  
Can  
Facilitate



Choose The Desired

# Level of Instruction



**SHORT**  
(10 Topics)



**DISC 2**  
Lectures 1-10

**15 HOURS**  
OF INSTRUCTION

**STANDARD**  
(20 Topics)

**SHORT, PLUS**



**DISC 3**  
Lectures 11-20

**30 HOURS**  
OF INSTRUCTION

**LONG**  
(More Activities)

**STANDARD, PLUS**



**BRIEF**  
**ROLE**  
**PLAYS**

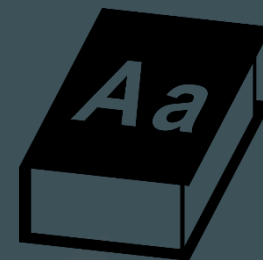
**40+ HOURS**  
OF INSTRUCTION



# Goals for Instruction

All Topics  
at a  
7<sup>th</sup> Grade  
Level

Vocabulary



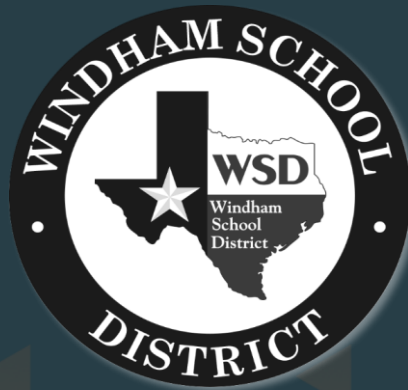
Basic Process

Take-Aways



Piloted & Tested

# Development Contributors







# Instructor, Peer, or Volunteer-Led Step-by-Step Facilitation

**2. Vision & Values**  
**Facilitator Prep Guide**

**Unit Description:**  
If you want to lead your family well, it helps if you have a roadmap. As life changes, knowing you have a strong vision for your family helps you move toward healthy goals.  
This unit will address:

- A compelling vision for parenting
- The different types of families
- Deciding on key values
- Establishing S.M.A.R.T. goals

**Unit Materials:**  
The materials for this unit that the students will use:

- Worksheet
- Pencil

**Success Traits:**  
The success traits addressed in this unit are:

- Smart Decisions
  - Thinking Critically (Activity)
- Developing Work Ethic
  - Taking Ownership (Video 2)
- Gaining Trust
  - Demonstrating Integrity (Discussion)
  - Being Accountable (Discussion)
  - Finding Purpose (Video 2)
- Helping Others (Discussion 2)

**The Lesson Presentation**

**1. Introduction to the Lesson**

**Historical Context**  
The idea of creating a "Vision Statement" first came about during the self-help surge of the 1980s and how it could affect Americans' personal lives. During the 1980s, many people were looking for a way to improve their lives, and this led to the creation of vision statements. These statements are a way for individuals to define their goals and values, and to use them as a guide for their actions.

**Personal Context**  
Having a "why" behind the things you do, helps you become. Being a parent requires you to be you something to refer to that is unchanging; you to consciously impact the environment!

**2. Show Video Part 1 (After, as time permits)**

**3. Discussion Questions Video**

Potential responses to question 1: (response vary)

- Close/Togetherness
- Productive
- Successful
- Good character
- Religious
- Caring
- Better than my upbringing

**4. Show Video Part 2 (After, as time permits)**

Potential responses to question 2: (response vary)

- The family you have may not be as close as you thought it would
- You may have made some of the same mistakes your parents did and see the effects on your children
- You may be satisfied with your relationship with your family member, versus not so satisfied with another

**5. Discussion Questions Video**

Potential responses to question 3: (response vary)

- It helps to remember what you've said you do (builds integrity)
- Others can hold you accountable to their expectations
- You can see how much you've accomplished this (celebrating life's little successes)
- It forces me to think through the details:
  - What I'm trying to accomplish
  - When I'll start and hope to finish
  - How I will measure success
  - Whether or not it's realistic/achievable

**6. Quiz (Grade during activity)**

**7. Activity**

**Description of the activity:**

1. Have the students review each of the five items they find many of the items in the list they can use for their family. They can all agree on one item that they can all agree on.
2. Using the circled values, have each student write down the values they choose to use.
3. Lastly, have each student write the values they choose to use on the template provided.

**8. Scenarios: Apply It (Extra Activity)**

**Description of the activity:**

1. Put students in pairs. Use the cards given.
2. After each pair has discussed each card, have them write down their response.

**9. Gender Responsive Discussion**

**Activity Worksheet**

Directions: First, CIRCLE three values from your own. Next, develop a vision statement.

NAME: \_\_\_\_\_

VALUES: While several may be important to you, circle the three that are most important to you.

Spiritual & Intellectual	Character	Value
Prayer	Humility	S
Faithfulness	Gratitude/Perseverance	F
Mindfulness	Gentleness	A
Study of Texts	Forgiveness	C
Community	Self-Control	R
Participation	Responsibility	S

**VISION STATEMENT:** To be a family that is, a \_\_\_\_\_

**S.M.A.R.T. GOALS:** These should be based on your values, action-oriented, realistic and time measurable.

Goal #1: \_\_\_\_\_

Goal #2: \_\_\_\_\_

Goal #3: \_\_\_\_\_

**ROADBLOCKS:** Any specific hurdles you'll need to overcome to achieve your goals.

NAME: \_\_\_\_\_

**Scenarios: Apply It**

Directions: Find a partner. Read each of the scenarios below. What are SPECIFIC things you can do to address the scenario?

NAME: \_\_\_\_\_

**Scenarios: SOLUTION KEY**

Directions: At the end of the activity, debrief the scenarios.

**Community**  
Consider joining a social club or area that fits an area of interest.

**Mindfulness**  
A few times per day, take a five-minute walk outside and practice deep breathing.

**Responsibility**  
Identify three small things you can be more consistent with in the next year. Make a plan to accomplish them.

**Forgiveness**  
Think of someone in your life you've held a grudge against. Write a letter to them. You can decide whether to send it or not.

**Stewardship**  
Find a mentor that you've seen stewardship well. Ask them to identify three ways you can be disciplined in your financial habits.

**Generosity**  
Help an elderly neighbor with groceries in their home.

**Gender Responsive Discussion**

Directions: Reflect on your personal situation and make some notes below. Then discuss as a class, time permitting.

**Social Support**

- In many families, single-parent homes are led by mothers and/or grandmothers. These have many benefits as children are able to have strong female figures in their life. But being a single mother is often difficult as you function as mother, breadwinner and rarely get a "day off" from being on top of everything. If you are a single mother, how has this affected your ability to accomplish goals that would help to keep your family stable? What can you do to overcome these barriers?
- Social support is key to helping you finish what you start and enabling you to take care of yourself. Friends, family and community members can all serve as an asset to you. On the other hand, some relationships can sometimes be an added stressor and hindrance to you moving forward. If you're in a relationship where you are led to, where your boundaries aren't respected, or where someone holds power over you and manipulates you into staying in the relationship, this is not a good or fruitful relationship. Think of a healthy relationship you have. What makes it healthy? How does it support you? What are the challenges you've had or have. What makes it unhealthy? What steps can you take to either change or end the relationship?

**Taking Action**

- Everyone has something different that pushes them to want more and do better. For some it is the idea of their children having a better life than them, for others it is a desire to leave a legacy behind. What pushes you forward, even in the face of difficulties? To put it a different way, What's your "why"?

**Additional Info:**

- S.M.A.R.T. Goals How-To Guide: <https://www.uccua.edu/local-human-resources/files/performance-appraisal/how-to-set-smart-goals.pdf>
- Book: The 7 Habits of Highly Effective People by Stephen Covey

To run the course, you'll also need...

- TV or projector/speakers
- Internet or DVD player
- Access to a photocopier
- Pencils or pens
- Tables and chairs



Shaping Your Future	Building Resilience
Getting a Fresh Start	Dealing with Guilt & Shame
Having Realistic Expectations	Dealing with Failure
Celebrating Small Successes	Improving Self Esteem
Developing Plan B	Building Support
Maintaining Focus	Gaining Trust
Making Smart Decisions	Accepting Authority
Asking For/Accepting Help	Demonstrating Integrity
Knowing Your Limits	Being Accountable
Using Influence to Your Advantage	Finishing What You Start
Gaining Self Control	Finding Purpose
Thinking Critically	Helping Others
Finding Mentors & Role Models	
Using the Power of Choice	
Developing Work Ethic	
Taking Ownership	
Valuing Work	
Avoiding Easy Street	

Topics Fortified with

# Success Traits





Tons Of Helpful

# Resources & Tools

- Topic Setup & Context
- Discussion Questions
- Activities & Handouts
- Roleplay Scenarios
- Gender Responsive Discussions
- Communication Toolkit
- Transition & Reunification Plan
- Profiles in Parenting Interviews
- Quizzes & Keys
- Slides & Transcripts
- Marketing Flyers
- Certificate Templates



## Self-Contained Training

Instructor Led

Peer Educator Led

Volunteer Led





## **FREE Parenting Web Resources for You & Your Child's Caregiver:**

- **Child Development**
- **Benefits**
- **Health & Safety**
- **Education**
- **Household Mgt.**
- **AND MUCH MORE!**

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# **PrepTo PARENT**

**a service of  
Acceleron Learning**





**PREP TO PARENT  
CERTIFICATION**

IS HEREBY CONFERRED UPON

By



Personal Foundations	Dealing with Feeling	Praise & Encouragement	Shaping Influences	Legal Challenges
Vision & Values	Consider, Then Respond	During Incarceration	Risky Behaviors	Parenting in Practice
Family Dynamics	Choices & Consequences	The Well Child	Tech Troubles	Transition &
Ages & Stages	Discipline vs. Punishment	Keeping the Wheels On	Special Situations	Reunification

INSTRUCTOR \_\_\_\_\_ DATE \_\_\_\_\_

  
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