

Parent Education Matters

Timing, Intensity & Duration and Collaboration



Starting Early

- ◆ All Signs point to beginning early... **timing is critical**
- ◆ For Our Babies... **Preconception**
- ◆ Prenatal Development- **Most Vulnerable** to toxic influences
- ◆ **ACE's** begin before birth
- ◆ **Attachment** and Early **Brain** Development



Think Family Systems

- ◆ Importance of **Coparenting**
- ◆ **Patterns** of coparenting begin early in first year
- ◆ Cowans' work with **Parenting Partnerships**



Importance of Fathers

- “I walked out of his house that day an inch taller. Seeing him had reaffirmed his choosing me. He chose to have me in his life. He chose to answer my letter. I was wanted. **Being chosen** is the **greatest gift** you can give another human being.”

Trevor Noah-**Born a Crime** (2016)



Parent Education Has Multiple Goals/Parent Needs

◆ Experience as a Program Evaluator

◆ FOSPA –St. Cloud for four year olds

- ◆ Parent Attitudes/Parenting Stress
- ◆ Child Outcomes-Self-esteem

◆ Even Start Family Literacy

- ◆ Adult Literacy/Provider Role
- ◆ Child Literacy
- ◆ Parents-Teaching skills

◆ Kids First

- ◆ Child Abuse Prevention

◆ YES Network

- ◆ Community Building

Toward a National Framework

Parenting Matters: Supporting Parents of Children 0-8

National Academy of Science, 2016

Universal/Promotion

Services for parents that promote understanding of child development and typical parenting issues with young children

**Home-Visiting
Nurse with New Parents**

**ECFE Class for
Parents of Infants**

Targeted Risk Factors

Services for parents who have some potential risk factors related to poverty, parent-child or family relationship issues

**Parent Classes for
Infants with
Disabilities**

**Early Head Start
Home Visiting with
New Parents**

Intervention/Treatment

Services for parents/families with persistent adversities (health, mental health, family issues)

**Treatment for Post
Partum Depression**

**Parenting Class for
Parents who have
child abuse report**

Importance of building community networks of support for infants, young children and their families.



Lessons of Infant Mental Health

- ◆ Greater St. Cloud Area Thrive-Building the **Capacity** of Community Professionals **Across Disciplines**.
- ◆ IMH Credential at **Different Levels** to reflect different roles and importance of **Collaboration**
- ◆ **Faculty Symposium** as a way to **start early**

Working together...



...we can all create an **interdisciplinary network of support** in our communities to address the unique relational and developmental needs of **very young children** and their **parents** from the transition to parenthood on.