



Parent to Parent





Program Overview

- Parent to Parent is a 10-week parenting course that assists parents in addressing challenging childhood behaviors
- Parent to Parent was developed using the evidence-based COPE curriculum, originally designed for parents of children with ADHD



Participant Criteria and Locations

- Open to all parents of children ages 0-12 in Orange County who self-identify a need for the course
- Classes are provided at no cost to the participant with funding provided by the Orange County Health Care Agency
- Classes are located in community-based settings throughout Orange County (see www.p2p.brightfutures4kids.org for current locations)



Curriculum Overview

- Once a week for 2 hours/ 10 weeks
- Parents work in a large & small group settings
- Each week short video clips are shown highlighting "parenting errors"
- After each video, sub-groups discuss the impact of the errors made and discuss the consequences and alternative strategies
- The facilitator or participants demonstrate the strategies discussed by the group
- Parents practice strategies at home



Curriculum Topics

- Session 1: Introduction and Information Session
- Session 2: Strengthening Relationships
- Session 3: Reducing Conflict
- Session 4: Encouraging Cooperative Transitions
- Session 5: Special Incentives I
- Session 6: Collaborative Planning I
- Session 7: Special Incentives II
- Session 8: Consequences for Serious Problems
- Session 9: Problem Solving
- Session 10: Collaborative Planning II and Closing Session



Outcomes

- Parents will typically develop new skills and feel more confident about handling difficult children
- Parents will explore alternative strategies, strengthen skills, and prevent the emergence of future problems
- Parents should see positive improvements in their child's behavior
