

Positive Parenting Education

By Deborah Peel

Just ask the expert...

"Research strongly indicates children get a powerful payoff when their parents participate in quality parenting education. That can start prenatally and parents can continue building their skills to match the ages and stages of their child's development."

Karen Pautz

Executive Director, First 5 Siskiyou



Imagine sliding your 8-months-pregnant belly behind the wheel of your car after a day at work. Driving to pick up your child at day care, you wonder what you're going to do about dinner and how you're going to keep your eyes open to read a bedtime story. Then you remember, tonight is Parent Class! Hooray! You'll be having dinner with your little one, eating a nutritious meal that someone else cooked. Then you'll be joining other parents for socializing and learning parenting strategies while free child care offers supervised play. Saved!

So, when is the ideal time to dive into parenting education? If you're expecting a baby, it's the perfect time! Prenatal parenting classes and First 5's free Kit for New Parents can help you learn more about healthy self-care, from nutrition to managing stress, and how it supports your baby's healthy development, including brain development. Think of parenting as a new skill, something at which you intend to get very good. Suddenly, hooking yourself up with parenting education opportunities becomes your new normal.

Having a baby can open a new chapter in mom and dad's life. The focus shifts from you as an individual or couple to another tiny human being. The more you learn, the better you'll understand and support your child through the frustrations and triumphs of child development. Check out a series of classes, a one-day workshop, or groups for parents and kids. At parenting classes, social connections are built organically, and this support network of parents can be invaluable. Sometimes you'll need to compare notes and other times you might need a shoulder to lean on as you hit a new curve on the parenting journey.

First 5 Siskiyou's Karen Pautz is excited to be part of a collaborative of partners extending parent education from First 5's 0-to-5 focus through age 18. Karen says, "Parent support and education is critical for healthy child development at all ages and stages, from early childhood through the teen years. That's why First 5 Siskiyou has used base funding from the Oregon Community Foundation/Ford Family Foundation to spearhead this collaborative in our county. We're making sure parents are positively supported in building their skills as children grow and needs change."

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- **Butte Co. In Home Parenting:** www.youth4change.org/?page=in-home-parenting
- **Paradise Ridge Strengthening Families:** www.youth4change.org/?page=strengtheningfamilies
- **Siskiyou Family Resource Centers:** first5siskiyou.org/family-and-community-resource-centers-projects
- **Triple P Shasta (Child Behavior):** www.triplepshasta.com
- **WIC Classes & Resources:** m.wic.ca.gov



Watch Me Thrive From 0-To-5!