Parenting Education and Family Development
Hillside Children’s Center

The Parent Education and Family Development program aims to develop parents and caregivers to be more confident and competent in their role as their child’s first teacher.

ABOUT THE SERVICE

The Parent Education program of Family Resource Centers of Hillside Children’s Center supports parents and caregivers in their efforts to improve their parenting skills and to be more confident and competent in their role as their child’s first teacher. We help to link parents of children in the Early Childhood Education program with resources and learning opportunities to foster healthy development and school readiness. At each of our centers, parent groups are facilitated weekly, utilizing evidence-based curricula, including The Incredible Years, Effective Black Parenting Program, Los Ninos Bien Educados, Parenting Wisely, Conscious Discipline, and Family Talk. We also provide specific groups for Fathers.

Our research-based curriculum Family Talk is offered in a series of 4 workshops throughout the community. It focuses on communicating to young children about their bodies and sexuality, sexual knowledge needs of children, anatomy and reproduction, and conveying to them standards for sexual behavior.

Parent groups are facilitated at:
- Peter Castle Family Resource Center, 555 Avenue D
- Southwest Family Resource Center, 89 Genesee St, 2nd floor Bishop Kearney Building
- “Family Talk” program at varies sites throughout the community

For more information on days and times of groups, call 339-3200 (Peter Castle FRC) or 436-0370 (Southwest FRC) ext. 301. For Family Talk information, call 436-0370, ext. 303.

PARENT GROUP CURRICULA

Family Talk
For parents of young children, this series of workshops is intended to help parents feel more comfortable and competent in talking with their children about tough topics – sexuality, drugs, and healthy relationships. Evaluation by U of R shows an increase in participant conversations with their children and greater confidence of parents in being their child’s primary sexuality educator. Most effective in weekly series of 4-6 sessions, but the 2-hour workshops can be presented singly.
The Incredible Years Parent Training:
The Incredible Years parenting program is a 14-week skill building curriculum that promotes parent competencies and strengthens families. It is designed to assist parents with increasing their positive communication skills, such as the use of praise and positive feedback to their children while reducing the use of criticism and unnecessary commands. It helps parents improve limit setting and promotes positive strategies such as problem-solving and empathy skills.

Los Ninos Bien Educados
This 12-session parenting skill-building program is respectful of the unique traditions and customs of Latino families and is sensitive to the variety of adjustments that are made as Latino families acculturate to life in the United States. Basic child development information assists parents in arriving at age appropriate expectations. A variety of practical parenting skills are taught with an awareness of the potential cultural conflicts that might emerge from their use. Information about child abuse laws helps broaden understandings of what is considered proper parental behavior in the United States.

Effective Black Parenting Program: Strengthening the Black Family
This skill building program for raising proud and confident African American children strengthens families through the purposeful promotion of African-American patterns of communication, which recognize the African roots of the extended Black family. Fifteen 3-hour training sessions emphasize role-playing and home behavior projects. Relating African proverbs to parenting strategies and skills helps to ground the program in the wisdom of African ancestors – in turn promoting cultural pride.

Parenting Wisely
This 10-session program demonstrates the most common problems reported by families, including single parent households. By considering nine typical family problems and the common ways in which parents try to handle them, participants will become comfortable with parenting skills likely to improve family relationships, build respect among family members, and reduce the number of confrontations within the family.

S.T.E.P.S. to Early Brain Development
The 6 workshops of this program for parents of children in their earliest years are based on five key elements that lead to healthy brain development: Security, Touch, Eyes, Play, and Sound. Children need to feel secure and loved; to be touched, cuddled, and held; to receive visual and sound stimulation; and have opportunities to play to develop a healthy foundation of neural pathways that allows them to reach their greatest learning potential.

Conscious Discipline
Dr. Becky Bailey’s Conscious Discipline curriculum is a 6-week parenting skills program focused on principles and strategies of positive discipline that teach life-skills and promote self-esteem, cooperation, respect and responsibility.

CONTACT INFORMATION
FACILITY

Peter Castle
555 Ave D, Rochester

Southwest
89 Genesee St, Rochester

SUPPORTED BY

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ELIGIBILITY CRITERIA

Gender: Male and female

RESIDENTS OF

Monroe County

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