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# Family & Community Development Parenting Education Programs 2017



**Cooperative  
Extension**  
Tompkins County



# 2017

## Tompkins' Families!

Family & Community Development (F&CD)

### MISSION, VISION & VALUES



## MISSION

Tompkins' Families works with communities, parents, children and their extended families from diverse cultural and socioeconomic backgrounds, as well as individuals from higher risk populations. We seek to collaborate with community agencies, leaders and stakeholders from the villages, towns, and cities of Tompkins County.

## VISION

Cornell Cooperative Extension of Tompkins County is a leader in empowering individuals, families, and communities to thrive, live well, and reach their potential.

## VALUES

- ◆ Strengthen and support parents, families and communities through education
- ◆ Focus on the well-being of children, reducing child abuse and neglect through parenting education
- ◆ Strength-based family and community development approach
- ◆ Develop the capacity of community members for taking on leadership roles
- ◆ Use a collaborative model that is community driven and encourages community decision making
- ◆ Responsive to community needs, including linking individuals to services and opportunities
- ◆ All programming is accessible and affordable
- ◆ KASA focused- (**K**nowledge, **A**ttitudes, **S**kills and **A**spirations)
- ◆ Use research, evidence –informed and evidence-based models

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# Parent & Caregiver Workshops

## 4—Parenting the Hardest Job in the World®

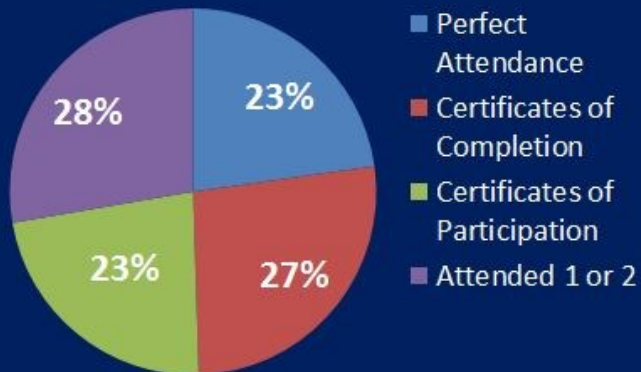
(**PS: It Works!**® aka Parenting Skills Workshop Series)

## 2—Why do you parent the way you do?®

(**Parenting Styles Workshop Series**)

## 2—Thriving with your Spirited Child®

### Attendance % Across Workshops



### CERTIFICATES

**Certificates of Participation:** Attend 3-4 sessions

**Certificates of Completion:** Attend 5 or more sessions

**Perfect Attendance:** Receive a Certificate of Completion with a gold star

### 2017 Stats:

8 workshop series

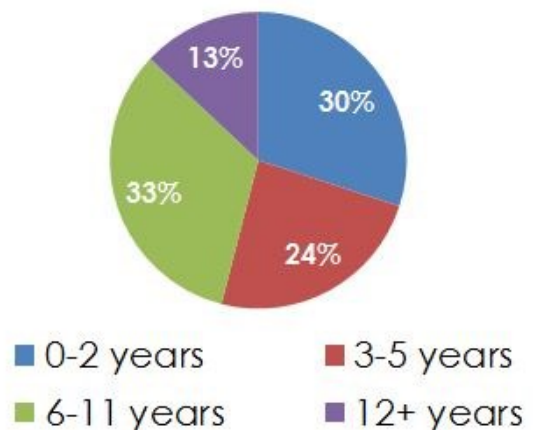
105 Participants

73 Females

32 Males

These interactive workshops support positive communication between parents/caregivers and children. Series and childcare during were both offered free of charge.

### Children of Participants (166 Total)



## Tompkins' Families Workshop Collaborators

- Greater Ithaca Activities Center (GIAC)
- Dryden Central School District
- Dryden Parent Teacher Association
- NYS Children's and Family Trust Fund (NYSOCFS)
- Ithaca Youth Bureau
- Newfield Central Schools
- Southside Community Center
- Groton Central Schools
- Groton Parent Teacher Association

# Parenting the Hardest Job in the World (PS: It Works! aka Parenting Skills Workshop®)

## 5 Communication Skills

8 Sessions

2-hours each

Learn more about **skill streaming** at <http://ccetompkins.org/family/parenting-workshops/parenting-skills-series>

## Communication Skills

1. Encouragement
2. Can Do
3. Choices (Shared-Decision Making)
4. Self-Control—"Body Messages" & "Choosing A Way"
5. Respecting Feelings

## ASSESSMENT

- Try out different approaches
- Deal with challenging situations
- Use **encouragement**
- Use **can do**
- Use **choices (shared decision making)**
- Use **self-control, identify "body messages"**
- Use **self-control, use "choosing a way"**
- Use **respecting feelings**

A retrospective post/pre survey is completed at the end of the series where participants rate their ability before and after on the following:

Participants also assess themselves, before and after, on these statements:

- How confident are you about parenting?
- How big an issue are conflicts in your family?
- How satisfied are you with your family?
- How positive do you feel about yourself as a parent?

To learn more about PS: It Works! you can read the 2005-14 PSWS® evaluation report at:  
<http://www.human.cornell.edu/pam/outreach/parenting/academic/parentingskillsworkshopseries.cfm>

# Parenting Styles Workshop Series

The 6, two-hour **Parenting Styles Workshop Series® (PStyles)** sessions, are designed to increase parents' knowledge, understanding, and skills to raise competent and confident children. Key knowledge and skills presented are:


- **Child Development - Ages and Stages**
- **Cultural Influences**
- **Parenting Styles & Discipline**
- **Environmental Issues**

Parenting Styles Workshop Series® has been adapted to complement the Cornell Cooperative Extension Parenting Skills Workshop Series® curriculum with CCE-NYC colleagues from their Enhanced Parenting Skills and the Effective Black Parenting® evidence-based curriculum; see: <http://ccetompkins.org/family/parenting-workshops/parenting-styles-series>

## Thriving with your Spirited Child

7, 2-hour sessions, are designed to provide resources and tools to parents/guardians of spirited children for dealing effectively with their children's temperamental traits.

### Topics include:

- 
- ◆ Understanding your child's temperamental traits
  - ◆ Identify cues leading up to challenging behavior
  - ◆ Cope with tantrums and blow-ups when they do occur
  - ◆ Develop strategies for reducing or eliminating power struggles (especially at mealtime, bedtime, dressing)
  - ◆ Learn more about strategies for parenting spirited kids
  - ◆ Help your child deal with spiritedness
  - ◆ Make parenting a spirited child positive, even joyful

\*University of Wisconsin-Extension Lori Zierl's 7 Part Parent Program Thriving with Your Spirited Child, based on Mary Sheedy Kurcinka's book "Raising Your Spirited Child".

<http://ccetompkins.org/family/parenting-workshops/thriving-with-your-spirited-child>

# Workshop Feedback

At the conclusion of a workshop series participant retrospective post/pre self-evaluations show that discussing specific parenting issues and learning skills/techniques **increases** their awareness of their parenting role and **supports positive change** in how they interact with their children.

*"Helped me realized that the behavior of our children is not intentional, but developmental & this helped me be more patient."*

## 2017 WORKSHOP PARTICIPANTS' COMMENTS

"Great safe environment for parents to come and learn tools and techniques to help them parent better when they're struggling."

"This class has helped me be more aware of my parenting and by that I have been able to parent more consciously instead of slipping into what I call 'auto-pilot'."

*"It really encouraged me to evaluate my parenting style and look at how I parent."*

"I could participate freely. There was no judging."

"The most helpful was the best ways to respond to the needs of the child"

Participants also value the **comfortable and inclusive atmosphere**, with emphasis on the support and knowledge they gained from the instructors and other parents

## Participants' recommendations for workshop improvements include:

- ⇒ "Implement more child safety"
- ⇒ "This time (6-8pm) is hard for my children's bedtime. They get to bed late and are tired the next day."
- ⇒ "More time for conversation amongst parents in the class"
- ⇒ "2 hours fly by very quickly – wish the class was longer."
- ⇒ "Would be great to continue to meet 1 or 2 times a month to check in with each other about the skills and to give each other support."

# Protective Factors Framework

Participant workshop feedback indicates changes in the following Protective Factors

## KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

*Increases Parental knowledge and strategies*

*"Having self-control before negatively approaching an undesirable situation."*

*"Learning different skills in order to communicate effectively with my children and future children"*

## PARENTAL RESILIENCE

*Helps parents manage stress and functioning well when confronted with challenges*

*"I am more self-aware, I listen to my body & self-talk "the Bubble""*

*"Helped me sympathize with them and see them as actual people with real feelings."*

*"Becoming more self-aware & considerate of my child's feelings"*

## SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN

*Promotes family and children interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships*

*"I've learned to use patience and understand how my emotions affect my child's behavior."*

*"To be more patient with them and to make them feel happy if they do something good."*

## SOCIAL CONNECTIONS

*Promotes positive relationships that provide emotional, informational, instrumental and spiritual support*

*"Became comfortable sharing my opinions and situations as all were welcoming individuals."*

*"Knowing I'm not alone, lots of people have similar problems"*

## CONCRETE SUPPORTS

*Promotes access to concrete support and services that address a family's needs and helps minimize stress caused by challenges*

*"To take the class you learn a lot on how to communicate with everyone."*

*"It is incredibly helpful in being a thoughtful parent."*

<http://www.cssp.org/reform/strengtheningfamilies/about#protective-factors-framework>

# Family Resource Connection Tompkins

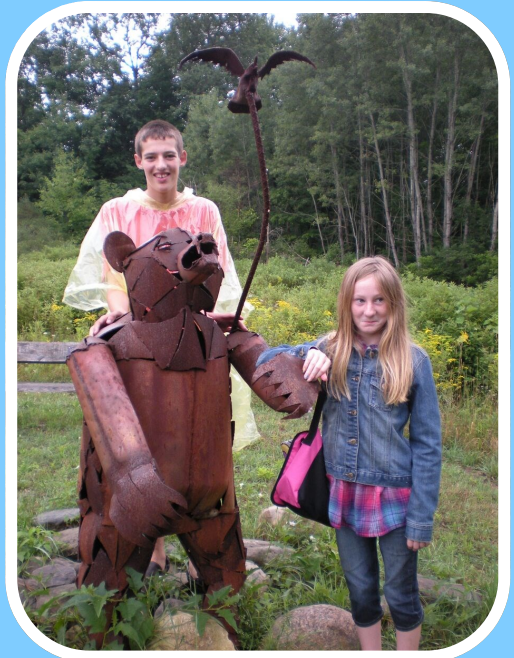
## ***Dryden's Families! - Groton's Families! - Newfield's Families!***

Funded by NYS  
OCFS Children  
& Family Trust  
Fund

FRCT is a community-based initiative to connect parents and families in the rural towns of Dryden, Groton, and Newfield so they can build the most supportive environments possible for infants, toddlers, young children, and those who love them!

### **Free Workshops & Events hosted by FRCT:**

- ⇒ Parenting
- ⇒ Cooking & Nutrition
- ⇒ Home Energy Savings
- ⇒ Financial Management
- ⇒ Visits to u-pick Family Farms/Parks
- ⇒ Story Times
- ⇒ Community Café's



FRCT has no income or eligibility requirements and provides childcare, family enrichment activities, and often a light meal or snack at programs/events.



Visit the FRCT website for more information: <http://ccetompkins.org/family/tompkins-families>

# Facilitated Parenting Time / Family Visits

12 visits

2-hour each

3 one-hour goal setting meetings

## Family Visits (FV) Objectives:

- Families receive in-home support from a parenting educator
- FV provides one-on-one guidance and ways for parents and children to interact positively with one another utilizing the 5 PSWS communication skills
- Facilitators model the 5 skills and coach parents in using the skills with their children
- Demographics include families who either have children in foster care, children who were recently returned from foster care or children at risk of being placed in foster care
- FVs are tailored to each family's needs, goals, ages of children and understanding of parenting skills

## Child Welfare Goals:

Leave the family with a positive building relationship, as [parent] progresses and looks to graduate from Family Treatment Court • For [parent] to remain clean and sober • Developing skills to address potential domestic violence situations • For the family to be reunited • Be able to have consistent discipline and rules for children • For [child] to remain in the home and not have to deal with the department • Make sure the children are taken care of, even when parents are not getting along • Parent get custody of child back • Improve parenting/ communication

## 2017 Stats:

10 Families

175 hours of direct coaching

8 men • 9 women

20 children in the home

5 children in foster/relative care

## Goal Setting & Evaluation

Family members define goals and evaluate their use of skills during weekly meetings. Progress, family strengths and changes in goals are discussed and recorded on weekly log sheets as well as mid-point and final review sheets.

## Parents' Goals:

Set limits and follow through • Increasing support for each other as parents • Learning and hearing new things to try • [Helping the child] deal with stress at times • Guide each of the children to strengthen their individual abilities and redirect challenging behavior • Make the house more safe for kids • How to keep [child] from running off, follow verbal directions • Getting help with [child] to listen and stop hurting himself and others • Ways to handle [children's] crying • Better communication, listening skills, respecting others

# Facilitated Parenting Time / Family Visits

## DSS Caseworker Goals for Parents:

- Learning how to be a better more effective parent •
- Develop consistent rules and discipline for her children •
- Safely and appropriately discipline the children •
- Maintain a safe home • [Parents] focus on what they feel is important

## Participant Feedback

*"The progress parents make in reaching their goals varies from family to family and over time. Some parents reach their ultimate goal of having their children returned home while others realize that they are not able to effectively parent their children and release them for adoption or relative care."*

*"I know I was a good parent. Now I am super confident."*

*"While parents may demonstrate competence in using the skills effectively with their children, stressors in their lives such as drugs/alcohol, poor anger management, low paying jobs, no employment, and health concerns may undermine their ability to parent positively and consistently."*

*"I enjoyed the visits and learned a lot of things."*

*"I love my children and have learned how to not just verbalize "I love you" but to show them."*

*"Program helped me become a better mother."*

*"[Facilitated visits] They are beyond helpful. I have been better about identifying my triggers and controlling my anger."*

## DSS Caseworker Feedback

Children successfully returned home

[Parents] have become more confident in their parenting  
Parenting approaches have shifted

[Parent] is problem solving more effectively

[Parent] has developed as a parent and appears to be more willing to try new things

[Parent] is yelling at the children less

## Parenting Educator Feedback

[Parents] are providing better supervision of the children

[Parents] are playing more with the kids

[Parents] talk more positively about the kids

Mom is setting more limits with [child]. When he is pushing the limits Mom is able to use can-dos so that he is not only hearing "no"

The family has good routines and has consistent discipline

[Parent] is providing good care for her kids and maintains a safe clean home

[Parent] is more patient and open to new ideas

# Parents Apart© (PA)

## *Helping Children Cope with Separation & Divorce*

### **2017 Stats:**

91 participants

38 males

53 females

39 full scholarships

52 paid in full

CCE-Tompkins is a New York State Certified provider of this program. The focus of this 6 hour workshop is for parents to learn how to help children adjust to parental separation or divorce. The United Way of Tompkins County provided funding for participant scholarships.

### **Parents Apart Pilot Program in Tompkins County Jail**

#### **Collaborators:**

- CCE ReEntry
- Tompkins County Probation/  
Day Reporting
- Community Foundation

#### **2017 Demographics:**

- 38 participants
- 27 males
- 11 females

#### **Highlights:**

- Parents may attend voluntarily or may be referred or ordered to attend by Family Court or the Supreme Court, Matrimonial Part
- Parents of the same child(ren) are placed in different workshops.

#### **Visit these websites for more information:**

<http://ccetompkins.org/family/parenting-workshops/parents-apart>  
New York State Parent Education and Awareness Program [https://  
www.nycourts.gov/ip/parent-ed/](https://www.nycourts.gov/ip/parent-ed/)

# Strengthening Families Program(SFP)(Utah)

SFP is a skills training program designed to increase resilience and reduce risk factors for substance abuse, depression, violence and aggression, delinquency, and school failure in high-risk, 6-12 year old children and their parents.

## 2017 Stats:

14 week program

2 workshop series

12 Families

5 Males • 10 Females

15 Youth

3 children in childcare



For more information visit:

<http://www.cffutures.org/pfr>

In 2017, CCE-Tompkins coordinated 2 series of SFP for Family Treatment Court parents and their children as part of the Tompkins County DSS Prevention and Family Recovery grant, Children and Family Futures.



# Part 3 Better Together! (BT3!)

## Community Café Conversations & Neighborhood Mini-Grants

### **Thanks to funding support from the Park Foundation & the Community Foundation Children and Youth Fund**

Started in 2012, the Better Together! Project (BT1!) utilized Community Café Conversations to engage families with young children in discovering community resources while simultaneously building stronger community ties. The community café approach is a community-based, parent-run effort that encourages parents to come together to share community resources and information. Parents discuss open-ended questions, exploring how they can use their strengths to advocate for their families, coming together to build stronger neighborhoods and communities.

The BT3! project enhances neighborhood capacity and leadership development by providing training and support to local parent and community leaders, and builds upon the initial community café conversations supported by Better Together, parts one and two. Funding from NYS OCFS Trust Fund supporting the Tompkins Families/Family Resource Connection-Tompkins project augments BT3! work in rural Tompkins County. These three towns and Ithaca's West Hill are the areas of focus for this project. Communities continue to use the community café approach as they work toward solidifying the next steps toward community change.

BT3! Funding supported 5 professional development opportunities in 2017: 2 Community Café Host Trainings, an institute at the New York State Prevent Child Abuse Conference (Strategic Planning: using a Community Cafe Approach), a session at the Family Development Credential Update (Community Café Conversations and Leadership Development), and a session at the Tompkins Co. Collective Impact Summit.

The Thriving Youth and Families Mini Grant Project (2016 and 2017/18) is engaging families and community members from five communities (FRCT and the City of Ithaca) inviting communities to identify projects that promoted the growth and development of healthy and supportive neighborhoods for youth and families in their communities. To support the projects identified by each of the communities, funds are being distributed in the form of mini-grants. Communities that have received mini-grants as of 1/18 are: Conger's Mobile Home Park in Freeville, Groton and Newfield Public Libraries, and Southworth Library in Dryden.

The Community Café approach has been integral part of the mini-grant project process. A 2018 Mini-Grant Celebration and Sharing will give community leaders and collaborators a chance to highlight their projects and showcase community impacts.

For more information visit: <http://ccetompkins.org/family/tompkins-families/better-together> [http://www.ctfalliance.org/initiative\\_parents-2.htm](http://www.ctfalliance.org/initiative_parents-2.htm)

# Community Justice Center

## 2017 Participant Demographics:

150 males

89 females

11 Hispanic

288 Non-Hispanic

7 Asian

37 Black

184 White

CCE-Tompkins hosts weekly 1-hour “Healthy Family Relationships” workshops with CJC participants as part of the Tompkins County Day Reporting Program, Alternatives to Incarceration (ATI). There were a total of 46 classes this year.

to-

<http://www.tompkinscountyny.gov/probation/ati-dr>

## 2017 CJC participation included:

- 150 males
- 89 females
- 11 Hispanic
- 228 Non-Hispanic
- 7 Asian
- 37 Black
- 184 White



# PS: It Works! aka Parenting Skills Workshop®

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*Personal – Professional, Peer, Parent, Partner-Communication  
Skills for All People*