

## Powerful Parenting FAQ's

### **"What is Powerful Parenting?"**

- **Powerful Parenting** is a nine week workshop series held by East End House.
- Modeled loosely after the Harlem Children's Zone *Baby College*, the seminar will provide parents with the most current evidence-based techniques for optimum parenting. Each Week will focus on practical, easy to learn strategies for helping children learn and grow to their highest potential.
- Topics include: 'How babies and children learn', 'Discipline & Limits', 'Difficult Behaviors,' 'Child Development & Windows of Opportunity,' 'School Readiness,' 'Social Emotional Learning,' 'Literacy,' 'Rituals and Routines that help,' 'Prevention & Safety.'

### **"Who is involved in Powerful Parenting?"**

- All parents and guardians of children ages 0-4 are invited to participate in this certificate program facilitated by seasoned professionals Sam Healy LICSW, Camille Platt, and Melissa Oliveira.
- Participants will be supported by a Parent Liaison in order to maximize their learning experience.

### ***"What can this seminar tell me that I don't already know? My children are doing fine."***

- **Powerful Parenting** builds upon the wisdom of the parents attending by presenting current innovative strategies that have helped thousands of children. These techniques are effective with all children, including those with special needs. Help your child excel beyond typical expectations to reach their highest potential.
- Throughout the seminar, parents are encouraged to practice these techniques at home and share their experiences with other class members. This parental collaboration will help each parent learn and develop their existing skills.

### **"When and where will the sessions be held?"**

- The first workshop will be Tuesday October 19<sup>th</sup> from 6:00-8:15 and happen every Tuesday until December 14<sup>th</sup>. All sessions will take place in the community room in East End House, 105 Spring Street, Cambridge, MA.

### **"I have children to take care of and the class is during dinner."**

- Child care and dinner will be provided to parents and children.
- After dinner, children will be taken care of at the center by East End professional child care staff while parents and guardians attend the workshop.

### **"I'm not sure if I can commit. Can I just go to the ones I'm most interested in?"**

- In order to fully benefit from the program parents must attend all nine workshops. The techniques taught each week build upon the week before. Strategies are meant to be developed and practiced over the full nine weeks.
- To register, parents must commit to attend all nine sessions. We understand that things come up so it is possible to "make up" as many as two of the nine workshops.

### ***"I am interested but I don't have a way to get there."***

- Transportation vouchers are available for parents and guardians when needed.