

**Program name: Parenting Wisely**

**Target Population and Eligibility:**

0 to 6 years     7 to 12 years     12+     Parents/Caregivers

**Purpose:**

**Parenting Wisely** is an evidence-based, interactive CD-ROM and DVD-based parenting program designed for families at-risk with children from ages 3 to 18 years. The long-term goal of Parenting Wisely is to promote healthy child development. Topics addressed include: child development, parent-child interactions and bonding, parenting techniques, conflict, problem-solving, and communication. When resources permit, children's skill building groups run in conjunction with the parenting program.

**Eligibility Criteria:**

Parenting Wisely is available to parents/caregivers of children 3 to 18 years living in the former City of York. Emphasis is placed on high risk neighbourhoods; i.e., Oakwood/Vaughan, Jane/Woolner, Weston Mount Dennis, Lawrence and Weston Road.

The program is available in English and Spanish.

Assistance with TTC tickets is provided when needed. When resources permit, the program is offered during flexible times to accommodate the identified needs of families living in various high-need and underserved communities in the former City of York.

**Location:**

- Junior Schools & Middle Schools in the former City of York

**Expected Outcomes:**

For Parents

1. Enhanced parent's self esteem.
2. Improved parenting skills and awareness of basic parenting techniques.
3. Increased parental understanding of child development.
4. Increased parent's problem-solving skills and expanded approach to child challenges.
5. Increased supportive personal networks among parents and reduced social isolation.
6. Enhanced positive parent-child interaction.

For Children

1. Increased school readiness skills.
2. Enhanced peer socialization.
3. Improved problem-solving skills.
4. Increased self-esteem.
5. Increased speech and language skills.

**Theoretical Framework:**

- Evidence Based group model program developed by Family Works to strengthen the parenting capacity of families/caregivers whose children are presenting with challenging behaviours.
- Prevention and Early Intervention Program.
- Facilitative psychoeducational group model.
- Family-centered strengths-based systemic approach.

**Mode of Evaluation:**

- Self Report - feedback
- Partner Evaluations
- Focus Groups
- Review Meetings
- Formal Evaluation
- Observations by facilitators
- CAFAS (Child and Adolescent Functional Assessment Scale)

