

ParentCorps Topics & Frequently Asked Questions (FAQs)



What caregivers can expect

ParentCorps' parenting program was developed by researchers in New York City in 1999 to provide a place for connection, learning, community building, reflection, and support for caregivers of pre-K children. Since then, thousands of families have participated and their voices have informed what the program is today. **For 12 weeks caregivers come together with a trained facilitator to share ideas and talk about issues related to raising children in a supportive, judgment-free environment.** Each week focuses on a different topic.

Session Topics	
1	Welcome
2	Culture and Parenting
3	Child Development and Setting Goals
4	Routines
5	Mealtime
6	The Power of Play
7	Positive Reinforcement and Sticker Charts
8	Preventing Mild Misbehavior
9	Supporting Children Through Big Feelings
10	Discipline Choices
11	Tantrums
12	Planning for the Future

As you speak with caregivers about the program, they might have questions. **Here is a list of frequently asked questions and responses you can offer:**

» What can I expect from ParentCorps' parenting program?

A safe and judgment-free environment with other caregivers, where the group shares, reflects, and learns about parenting strategies and child development.

» Who can join?

Literally any adult who is involved in the child's life can come. That means you too, grandparents, older siblings, aunt/uncles, etc!

» How many sessions are there? How long do they last?

There are 12 weekly sessions that are 90 minutes each. ParentCorps values flexibility so it's okay to join when you can!

» What are the sessions like?

You will learn about, reflect on, and discuss a different topic each week. The sessions help you realize that you're not alone when dealing with challenges parents and caregivers face. You'll have the chance to think about your own childhood, and how that does or does not impact how you parent. You will also learn about different strategies and tools for parenting.

» Do I have to attend?

Not at all, it's totally voluntary. If you try it out and decide it's not for you, that won't change any school services you receive.

» I don't have child care. Can I bring my younger children?

Absolutely! No one understands all that you're juggling more than other caregivers.

» What happens if I cannot attend every session?

That's totally OK, we know that things come up and being free at the same time every week can be hard! Come when you can and it's okay to join late.

» What topics are covered?

The group facilitator will talk about things like how to set up routines, how to support children through big feelings, how to make mealtime a little easier, using playtime as a powerful way to connect with your child, how to approach tantrums, and more!