

FOSTER & RESIDENTIAL CARE

A highly interactive CDROM that responds to individual choices and is specifically designed to address the unique communication and compliance needs of foster parents and residential care staff by addressing:

- Peer Aggression
- Defiance of Authority
- Stealing
- Bullying
- Hygiene Problems
- Privacy Issues
- Vandalism
- Supervision
- Assertive Discipline
- "I" Statements

To learn more about this Parenting Wisely Program visit our website at www.psnri.org



"Sometimes being a parent can be difficult. There are days when I feel effective and other days when I am frustrated. By discussing and practicing parenting skills in this training I am now more confident and have lots of support in my actions." Parent Testimony

To learn more about our individual and group offerings contact:

Parent Support Network of RI

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FUNDING PARTNERS:

RI Department of Children, Youth and Families

RI Department of Education

Rhode Island Positive Educational Partnership

*Center for Mental Health Services,
Substance Abuse Mental Health
Services Administration (SAMHSA)*

parent
support
network
OF RHODE ISLAND

PARENTING WISELY



**Promoting Social,
Emotional Health and
Well-being in
Children, Youth, and
Families**

OVERVIEW

Parenting Wisely is offered to parents in Rhode Island. Referrals are received from Family Care Community Partnership System of Care Initiative, as well as from schools, family court, and families.

Parenting Wisely is an interactive parenting skills multi-session education program developed by Family Works Inc. The program is available in three models; young children (4 – 8), youth/teen (9 – 18) and Foster & Residential Care.

The program teaches parents by providing enacted scenarios in video scenes, providing multiple solutions and critiquing both effective and ineffective parenting methods. Family Leaders facilitate the program by sharing personal experience.

Designed by experts with proven results for positive change *Parenting Wisely* is an award winning program that teaches valuable communication and behavior management skills.



GOALS

The Parenting Wisely Programs are designed to support and strengthen the learning of skills for the healthy well-balanced raising of children from age 3 to 18. They are proven to reduce problem behaviors and increase communication and family unity.

Using video technology and peer support, *Parenting Wisely* teaches parents how to:

- Discipline effectively and fairly.
- Explain what you expect from your child.
- Explain rewards and consequences of behavior to your child.
- Let your child know you hear him/her and you're trying to understand.

YOUNG CHILDREN

Typical problem situations are presented that are unique communication and compliance needs of parents of younger children. The program addresses the following parenting skills:

- Redirection
- Active Listening
- "I" Statements
- Nondirective Play
- Fostering Social Skills
- Communicating with School
- Time Out
- Setting Limits/Consequences

YOUTH/TEEN

Typical problem situations are presented with both effective and ineffective solutions depicted. Parenting and communication skills learned include:

- Significantly reducing verbal and physical aggression.
- Significantly reducing the frequency and severity of teen/preteen problem behaviors.
- Improving and strengthening family relationships