

Parent Education @ Work

What is Parent Education @ Work?

- An evidence-based parent education program offered at no charge to area businesses during the work day
- Designed to support working parents of young children
- Program led by the Parent Education Coordinator from Childcare Resources



How do employees benefit from the free program?

- Employees are offered ten group lunch and learn sessions throughout the year
- Session topics include:

Philosophy and Practices of Nurturing Parenting	Understanding Feelings
Ages and Stages of Child Development	Family Morals, Values and Rules
Brain Development	Praising Children and Behavior
Communicating with Respect	Discipline Techniques
Building Self-Worth in Young Children	Dealing with Stress
- Individual meetings and links to community agencies, if needed



What are the employer's responsibilities?

- Support the Parent Education @Work program by encouraging parents to enroll
- Provide on-site meeting space for group and individual meetings



What are parents saying about Parent Education @ Work?

- "The class has helped me understand what to expect as my child develops and helped me understand the importance of setting family goals."
- "It made me think more about my behavior needing to reflect on what I teach my child."
- "The most valuable lesson was that every parent is facing similar issues and we are not alone in this situation. The sessions helped us refocus on the positive things to appreciate while raising our baby, paying attention to what we say, because kids pick up on small things and take them to heart."



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Parent Education @ Work
 Offered by Childcare Resources
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Childcare Resources



Childcare Resources is central Alabama's only child care resource and referral agency. Chartered by United Way of Central Alabama in 1984, for almost 30 years Childcare Resources has met the varied needs of a growing number of working families with young children. Services include **financial assistance** for low-income working families, **quality training for child care providers** including our free Early Learning Resource Library and mobile Resource Library service, research-based **parent education program** and **assistance for families seeking quality child care options** for their young children.

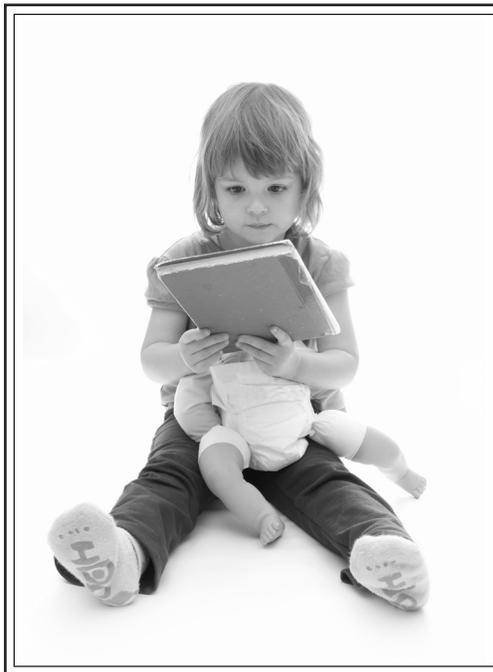
In 2012, Childcare Resources became the first and only child care resource and referral agency in the South to achieve National Quality Assurance for best practices from Child Care Aware of America.

Vision: Quality child care will be available and affordable to all families who need it.

The most significant predictor of creating quality early learning opportunities for young children is ensuring their teachers are well trained and continue their formation through ongoing professional development. Childcare Resources works to improve the early childhood education experiences that enable children to realize their full potential.

“Investing in quality early learning for children, developing their potential and sustaining their education will yield gains at the individual level and societal level in terms of a better educated workforce, higher individual earnings and safer, vibrant communities for us all.”

Professor James Heckman
2000 Nobel Laureate in Economics
Professor of Economics, University of Chicago



Effective early childhood programs with appropriately trained staff generate benefits to society that far exceed program costs. Extensive analysis by economists has shown that education and development investments in the earliest years of life produce the greatest returns:

- More high school graduates would enroll in college
- Less crime
- Fewer teen pregnancies
- Higher employment and improved economy

www.developingchild.harvard.edu

“When we invest wisely in children and families, the next generation will pay that back through a lifetime of productivity and responsible citizenship. When we fail to provide children with what they need to build a strong foundation for healthy and productive lives, we put our future prosperity and security at risk.” -- National Scientific Council on the Developing Child

Mission: To make quality care and education of children happen by providing information, education and assistance to families, providers of child care and the community.