

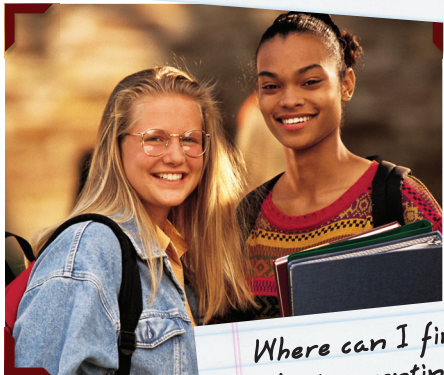
Family Relations



How can I be a more effective parent?



How can I help my child through divorce?



Where can I find info about parenting teens?



PARENT EDUCATION

We offer parent education for families that foster parent-child communication, nurturing and respectful discipline practices, strong parent-child relationships, and parenting skills.

- **Positive Discipline**

This publication is for parents of children from birth to 9 years old. It has been culturally adapted and translated in English, Hmong, Somali, and Spanish.

- **Positive Parenting II**

This curriculum for parents of children, 0-12 years of age, includes lessons on parenting tools, responsibility & other key issues for parents of elementary school age children. Includes video, guide, and handouts for parents.

- **Positive Parenting of Teens**

This curriculum for professionals working with parents of children, 10-16 years of age, presents expert information on development, discipline, conflict, and other topics. It includes a video, guide & handouts for parents.

- **All Parents Are Teachers**

Research points to 6 key factors in school success. This publication focuses on the role of parents in their child's school success.

For more information, contact Kathleen Olson at (507) 536-6306 or kaolson@umn.edu



DIVORCE EDUCATION

Parents Forever has been developed specifically to meet the needs of divorcing or never married parents. This program encourages parents to work out divorce decisions without putting their children in the middle or having them choose one parent over the other.

- **Parents Forever**

This comprehensive curriculum meets Minnesota Supreme Court standards for court-mandated parent education programs.

For more information, contact Minnell Tralle at (763) 767-3881 or trall001@umn.edu

- **Padres Para Siempre**

This Spanish version of our popular Parents Forever curriculum has been culturally adapted and translated for Spanish speaking audiences.

For more information, contact Patricia Stoppa at (763) 767-3841 or stoppa@umn.edu

- **We Agree: Creating a Parenting Plan**

This curriculum provides parents with the tools to make mutual decisions that meet the needs of their children as they parent apart. It provides strategies to help parents remain flexible and negotiate changes in the plan to meet the needs of children as they grow.

For more information, contact Rose Allen at (651) 480-7745 or allen027@umn.edu

RESEARCH UPDATES, TRAINING, AND STAFF DEVELOPMENT OPPORTUNITIES

Throughout the year, there are sessions offered for professionals on special topics and workshops for training instructors, including sessions on parent education, families with teens, and the popular We Agree, Parents Forever, and Padres Para Siempre curricula. Customized training is also available.

For more information, contact Minnell Tralle at (763) 767-3881 or trall001@umn.edu



PARENTING TEENS

Adolescents impact families in many exciting and challenging ways. Teen parenting resources encourage building family strengths through improved family communication and decision making, stronger parent-teen relationships, and increased parental satisfaction and confidence in the parenting role during adolescence.

- ***The Growing Season***

The Growing Season is a booklet and video for parents of teens. It provides thoughtful answers to everyday parenting dilemmas such as discipline, communication, decision making, and teen friendships. It also covers hot topics like sexuality, dating, alcohol, and drugs.

- ***Teen Link*** • www.teenlink.umn.edu

This website is a great place to find the latest research, books, journal articles, and websites related to teen issues.

- ***Teen Talk***

These fact sheets are a quick and easy reference for parents of teens. Topics include meth, peer relationships, bullying, dating, and more.

- ***“Take and Teach” Lessons***

These packaged “lessons on CD” help professionals and volunteers who work with parents and caregivers of teens educate about the important issues of peer pressure, risky behaviors, and bullying.



For more information, contact Colleen Gengler at (507) 372-3907 or cgengler@umn.edu



LA EDUCACIÓN PARA PADRES

La educación para padres que ofrecen estos programas y materiales en español ayuda y apoya a las familias a continuar desarrollando y mejorando la comunicación, entre padres e hijos. También muestra formas y prácticas de disciplina que respetan y fortalecen la comunicación en la familia y enriquecen aún más las habilidades con las que ya cuenta cada padre y madre. Algunos de los productos ofrecidos están dirigidos directamente a los padres y otros son para aquellos profesionales que trabajan con familias.

Es importante destacar que los cursos y materiales educativos que se ofrecen en español no solamente han sido traducidos lingüísticamente, pero también han sido adaptados a las culturas latinas para cubrir necesidades específicas de esas familias y en una forma culturalmente apropiada y relevante. Debido a la creciente demanda de materiales educativos en español y que tengan los aspectos culturales que corresponden a las comunidades latinas, la educación para padres está en proceso continuo de aumentar dichos materiales y cursos. Es por ello que cada año, aumenta lo que nuestra área educativa ofrece para padres latinos y para profesionales que trabajan con las familias de culturas latinas.

For more information, contact Patricia Stoppa at (763) 767-3841 or stoppa@umn.edu

- ***INFO-U***

Free information source for parenting, divorce and family topics. Available online or via phone. www.extension.umn.edu/info-u or (800) 525-8636.

- ***Family Education Network (FEN)***

This list-serv allows professionals who work with families a unique opportunity to connect and share information.

*For more information
and resources visit*

www.parenting.umn.edu

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