



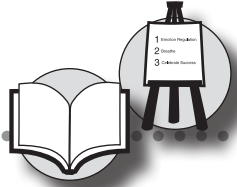
*Parenting Inside Out*® is an evidence-based parenting skills training program specifically developed to be effective within the context and restrictions of parents and families involved in the justice system. It is appropriate for both mothers and fathers and allows for cultural differences in attitudes toward family and parenting.

There are three versions of the curriculum, Prison, Community, and Jail developed to meet the specific needs of people parenting in these very different situations, and to accommodate differences among the teaching environments. There are two Prison versions offering 90 hours of instruction (36, 2.5 hour classes) or 60 hours of instruction (30, 2 hour classes), the Community version offers 48 hours of instruction (24, 2 hour classes), and the Jail version, 20 hours (10, 2 hour classes). Parents taking the Jail version are encouraged to enroll in the Community version upon release.

*PIO* is an outcomes-based, developmentally-focused program that helps parents promote healthy child adjustment, prevent child problem behavior, and interrupt a cycle of intergenerational criminality. During the *PIO* program parents develop and refine social interactional skills and citizenship behaviors they can use in all aspects of their lives and that will help them guide their children toward becoming positive, constructive adults.

*PIO* consists of classroom time involving learner-centered interactive skill building in *Parent Management Training* that is ultimately individualized to each parent's family. Parenting Coaches facilitate role-play practice, work individually with parents to create plans for child visits, are available to offer immediate coaching and guidance at child-centered events, and provide inmates feedback and problem solving after their visits or phone calls with the child or the child's caregiver. *PIO* teaches parents a way of navigating life that uses healthy, pro-social skills to interact with children, partners, co-parents, officials, friends and family. *PIO* values the uniqueness of each person and invites others into caring, respectful relationships. With *PIO* training, incarcerated parents can be good parents and positive role models in their children's lives.

For additional information, please contact the Children's Justice Alliance at:  
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## PIO Topics



### Week 1 Creating a Safe Place to Work Together and Learn

Lesson 1.1 Getting Acquainted

Lesson 1.2 Setting Goals for “Destination Adulthood”

Lesson 1.3 The Family System

### Week 2 Communication and Problem Solving

Lesson 2.1 Effective Speaking Skills

Lesson 2.2 Effective Listening Skills

Lesson 2.3 Effective Problem Solving Skills

### Week 3 Connecting With Your Child

Lesson 3.1 Bonding Through Play and Reading

Lesson 3.2 Connecting Through Letters, Calls and Visits

Lesson 3.3 Connecting Through Emotion Coaching

### Week 4 Child Development

Lesson 4.1 Introduction to Human Development

Lesson 4.2 The Child’s Job and the Parent’s Job

Lesson 4.3 Age-Related Parenting Challenges

### Week 5 Healthy Families

Lesson 5.1 Adult Stage of Development

Lesson 5.2 Family Meetings, Family Fun, and Family Identity

Lesson 5.3 Sibling Relationships

### Week 6 Nurturing Your Child’s Individuality

Lesson 6.1 Nurturing Your Child’s Temperament

Lesson 6.2 Your Child’s Love and Learning Languages

Lesson 6.3 Your Legacy and Your Future

## PIO Topics (continued)

### Week 7 Parent and Coach Meetings and Graduation Preparation

This week will be spent on graduation preparation, working on graduation projects and meeting one on one with your parent coach to go over your parenting portfolio and individualized parenting plan.

### Week 8 Child Guidance

Lesson 8.1 Structure Through Family Routines and Organization  
Lesson 8.2 Ignoring, Distracting, Redirecting, and Rules  
Lesson 8.3 Directions and Encouragement

### Week 9 More Child Guidance

Lesson 9.1 Rewards and Consequences  
Lesson 9.2 Time Out and Privilege Removal  
Lesson 9.3 Dealing With Behavior Challenges

### Week 10 Special Needs

Lesson 10.1 Brain Development  
Lesson 10.2 Parenting Adolescents  
Lesson 10.3 Advocating for Your Children

### Week 11 Your Life in the Community

Lesson 11.1 Reintegrating into the Community  
Lesson 11.2 Building Healthy Adult Relationships  
Lesson 11.3 Going Home: Your Children and You

### Week 12 Preparing to Say Goodbye

Lesson 12.1 Catch-Up  
Lesson 12.2 Wrap-up and closure  
Lesson 12.3 Graduation