



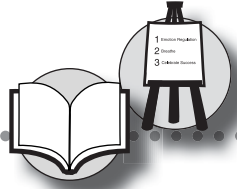
Parenting Inside Out® is an evidence-based parenting skills training program specifically developed to be effective within the context and restrictions of parents and families involved in the justice system. It is appropriate for both mothers and fathers and allows for cultural differences in attitudes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



Topic 1 Creating a Collaborative Learning Environment

- Lesson 1.1 Getting Acquainted
- Lesson 1.2 Effective Speaking Skills

Topic 2 Communication and Problem Solving

- Lesson 2.1 Effective Listening Skills
- Lesson 2.2 Effective Problem Solving Skills

Topic 3 Connecting With Your Child

- Lesson 3.1 Bonding Through Play and Reading
- Lesson 3.2 Letters, Calls and Visits
- Lesson 3.3 Bonding Through Emotion Coaching

Topic 4 Human Development

- Lesson 4.1 Introduction to Human Development
- Lesson 4.2 The Child's Job and the Parent's Job
- Lesson 4.3 Brain Development

Topic 5 Healthy Families

- Lesson 5.1 Adult Stage Development
- Lesson 5.2 Family Meetings and Family Fun
- Lesson 5.3 Building Family Identity

Topic 6 Parenting More than One Child

- Lesson 6.1 Sibling Relationships
- Lesson 6.2 Managing Sibling Rivalry

PIO Topics (continued)

Topic 7 Parenting Children as Individuals

- Lesson 7.1 Nurturing Your Child's Temperament
- Lesson 7.2 Your Child's Love Language

Topic 8 Parenting Through Family Challenges

- Lesson 8.1 The Family System
- Lesson 8.2 Your Values and a Plan for Parenting
- Lesson 8.3 Your Legacy and Your Future

Topic 9 Child Guidance

- Lesson 9.1 Directions and Encouragement
- Lesson 9.2 Rules, Rewards, and Consequences

Topic 10 More Child Guidance

- Lesson 10.1 Time Out and Privilege Removal
- Lesson 10.2 Parenting Adolescents
- Lesson 10.3 Advocating for Your Children

Topic 11 Transitioning to the Community and Parenting Practice

- Lesson 11.1 Reintegrating Into the Community
- Lesson 11.2 Going Home: Your Children and You
- Lesson 11.3 Dealing With Behavior Challenges

Topic 12 Wrap Up and Graduation Preparation

- Lesson 12.1 Building Healthy Partner Relationships
- Lesson 12.2 Wrap-up and Graduation Preparation