



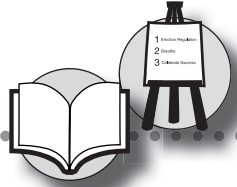
Parenting Inside Out® is an evidence-based parenting skills training program specifically developed to be effective within the context and restrictions of parents and families involved in the justice system. It is appropriate for both mothers and fathers and allows for cultural differences in attitudes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

- Lesson 1.1 Getting Acquainted
- Lesson 1.2 Effective Speaking Skills

Week 2 Communication and Problem Solving

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

Week 3 Connecting With Your Child

- Lesson 3.1 Bonding Through Play and Reading
- Lesson 3.2 Bonding Through Emotion Coaching

Week 4 Child Development

- Lesson 4.1 Introduction to Human Development
- Lesson 4.2 Brain Development

Week 5 Healthy Families

- Lesson 5.1 Family Meetings and Family Fun
- Lesson 5.2 Building Family Identity

Week 6 Parenting More than One Child

- Lesson 6.1 Sibling Relationships
- Lesson 6.2 Managing Sibling Rivalry

Week 7 Parenting children as Individuals

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

PIO Topics (continued)

Week 8 Parenting Through Family Challenges

Lesson 8.1 The Family System

Lesson 8.2 Your Values and a Plan for Parenting

Week 9 Child Guidance

Lesson 9.1 Directions and Encouragement

Lesson 9.2 Rules, Rewards, and Consequences

Week 10 More Child Guidance

Lesson 10.1 Time Out and Privilege Removal

Lesson 10.2 Advocating for Your Children

Week 11 Parenting Practice

Lesson 11.1 Reuniting: Your Children and You

Lesson 11.2 Dealing With Behavior Challenges

Week 12 Wrap Up and Closure

Lesson 12.1 Building Healthy Partner Relationships

Lesson 12.2 Wrap-up and Closure