Week 1  Creating a Safe Place to Work Together and Learn  
Lesson 1.1 Getting Acquainted  
Lesson 1.2 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 Bonding 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 Love Languages and Learning Mindsets  
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 Timeout 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 Healthy Teen Partner Relationships

Week 11  Your Life in the Community

Lesson 11.1 Advocating for Your Children
Lesson 11.2 Reintegrating into the Community
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