



## PIO Topics



### **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