



## PIO Topics



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

- 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 Values and a Plan for Parenting**

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 Timeout and Privilege Removal

Lesson 10.2 Advocating for Your Children

### **Week 11 Special Challenges in Parenting**

Lesson 11.1 Parenting Adolescents

Lesson 11.2 Healthy Teen Partner Relationships

### **Week 12 Parenting Practice and Closure**

Lesson 12.1 Reuniting: Your Children and You

Lesson 12.2 Behavior Challenges and Closure