



## 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

## Typical Class

Time: 2 ½ hours



- **Preparing for Class:** Your Coach prepares the room and materials for your arrival.
- **Check In:** Hear how other parents are doing and practice different ways of saying how you are doing.
- **Emotion Regulation Practice:** Prepare for class. Practice skills helpful in improving your ability to parent during challenging situations.
- **Homework Review:** Get feedback on work you have done, and give feedback to other parents on the work they have done.
- **Opening Activity:** Introduce the parenting topic for the day in a way that helps you and other parents get focused.
- **Review “What Should Happen” and the “Agenda”:** Each class will focus on a specific parenting skill. This skill will be listed on the easel at the front of the class under “What Should Happen.” Also listed on the easel will be an agenda listing the activities for that day’s class. There will be a variety of activities each day to help you meet your goals for the class.
- **Develop Personal Learning Goals:** After the opening activity and reviewing the parent skill for the day, you will write a personal learning goal that applies the skill to your life and family circumstances.
- **Review What You Already Know:** Organize and recall what you already know about a topic before learning new information about that topic.
- **New Information:** Learn more about a topic and ways you can use that information in your life.
- **Practice New Skills:** Practice new skills related to the topic. Get help and input from other parents and your coach in a supportive, safe environment where mistakes are okay.
- **Get Feedback from Coach and Other Parents:** Sharpen your new skills with the assistance of other parents and your coach.
- **Homework Assignment:** Apply the new information and skills to your family.
- **Read Aloud** (weekly on 3<sup>rd</sup> class of the week): Practice reading aloud skills.