

*Parents Under Construction* enhances teens' and young adults' awareness of how parenting influences children's mental health. The program helps youth today learn the parenting skills they will need in the future. Through this program, students will increase their own social and emotional competence and learn how to help the children they care for in the future develop strong social and emotional skills as well. By promoting protective factors, this program can help prevent physical abuse, emotional abuse, and mental health challenges now and in future generations.

This program is successfully used in CTE programs focusing on education and child development, school-based programs for pregnant and parenting teens, and community-based parenting groups for new and young parents.

Youth and young adults participating in Parents Under Construction will:

1. Increase their knowledge of parenting responsibility, demands, and costs;
2. Learn accurate information about child development;
3. Develop empathy for children and parents;
4. Enhance their knowledge about mental health and understand the relationship between parenting practices and children's mental health;
5. Apply a wide range of positive discipline techniques; and
6. Learn how to create a nurturing environment to promote the wellbeing of children.

## CURRICULUM INCLUDES:

- 10 interactive lessons appropriate for secondary students and young adults
- Lesson topics such as Mental Health and Parenting, Building Resilience, Creating a Nurturing Environment, & Mentally Healthy Discipline,
- Slide decks, discussion guides, role-play materials, and videos
- Digital curriculum binder complete with resources and background information
- Access to ancillary curriculum materials through ChildBuilders Online

**COST: \$325**

Special Offer for Fort Bend County Until June 30, 2023

Cost of training includes digital curriculum and materials via ChildBuilders Online. Print curriculum can be purchased separately.

## TRAINED PARTICIPANTS WILL:

- Understand the connection between mental health and parenting practices
- Explore the impact of teaching teens and young adults positive discipline techniques and other skills to become nurturing caregivers in the future
- Gain confidence in their ability to implement the program, including hands-on activities and role-plays included in each lesson
- Connect with ChildBuilders' staff for ongoing support and coaching

## BOOK TRAINING

Contact Gretchen Lash  
glash@childbuilders.org or 713-481-6555

Calendar: [childbuilders.org/events](https://childbuilders.org/events)  
Announcements: [childbuilders.org/training-alerts](https://childbuilders.org/training-alerts)