



the  
**parenting**  
partnership

NEW PARENTS LEARNING TOGETHER

BEST START Conference

February 2008

# Focus of Presentation

- *Give brief overview of The Parenting Partnership Program.*
- *Outline the training Parent Educators receive to deliver the program.*
- *Share feedback from the Parent Educators about their training.*
- *Identify challenges and changes to be made to the training.*
- *Share feedback from the Parent Educators about The Parenting Partnership.*

# Parenting Initiative Project

The project to develop and test  
The Parenting Partnership program


Prenatal and parenting program.

- for *couples* expecting their 1<sup>st</sup> baby it begins during pregnancy and lasts until the child is 1  $\frac{1}{2}$
- weekly on-line sessions with face-to-face classes scheduled when we think parents most want and need them
- 3 modules:
  - Pregnancy to birth
  - Birth to 6 mos.
  - 7 - 15 mos


# Subject Matter examples...

- **Fetal Development:** week x week
- **Lifestyle:** nutrition, exercise, home & workplace hazards, stress, sleep, hot tubs & cat litter
- **Labour & Delivery:** preterm labour, medical/surgical procedures, stages of labour, breathing techniques
- **Couple Relationship:** pre/postnatal sexuality, quality couple time, expectations and roles, conflict resolution, family violence, saving time for it
- **Mental Health:** common worries, mood disorders
- **Parenting:** positive parenting, becoming a mother/father, routines, myths of parenting,
- **Baby:** breast feeding; jaundice; diapering, soothing


# On-line sessions - Homepage



the  
**parenting  
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NEW PARENTS LEARNING TOGETHER




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at Invest in Kids

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## Module 2 > Session 9

- Do you feel guilt now that you're a Dad? Good news--you're normal!
- Learn how to keep your baby safe at home and when traveling.
- Try some new Comfort, Play and Teach activities with your baby!

[> Enter Session](#)

### Announcements

Share with your group! Inside the group space you can view profiles of everyone in your group. Don't forget to update yours.

[> Edit](#)

[▶ more...](#)

### Special Features

Purée soups right in the saucepan to make Leslie Beck's Quick Broccoli Soup.

[▶ more...](#)

Progressive Relaxation: The ability to relax is a valuable skill for any individual.

[▶ more...](#)

### Website Feedback

How is our site? Please take a moment to give us your feedback.

[▶ more...](#)

### Forums

test thread 2 Posted by: Isobel Latham	Last Post: 12/11/2006 12:00:00 AM by Krisanne Langille	7 Replies
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# Weekly Session Intro Page

View Course - Windows Internet Explorer  
http://campus.investinkids.ca//Student/Course/ViewCourse.aspx?CourseID=accd787f-70ff-4e9d-a2e5-3e90bb1a0552

the parenting partnership  
INVEST IN KIDS

Save & Close X

## Module 2 > Session 16

Session Guide Hide

- Introduction to Web Session
- \*Lullaby and Goodnight
- \*Intellectual Development Concentration
- \*Family Time (16)
- \*Sharing Time (16)
- Teething: Bits and Bites

### Welcome to Session 16

Session 16 is filled with information about your baby's sleep patterns, teething challenges and growing intellect.

Read over the highlights of this week's session.

**Essential Learning:**

**Lullaby and Goodnight**  
Is your baby sleeping through the night? Learn effective strategies to help him learn to sleep longer.  
Time to complete: 15-20 minutes

**Concentration**  
Help your baby exercise her upper body muscles and develop eye/hand coordination. Find out how to support your baby in developing her skills.  
Time to complete: 15-20 minutes

**Family Time**  
This week's *Sleepy Time Stories* activity will help everyone in the family get a good night's sleep.

**Sharing Time**  
Talk about what you can do to improve your baby's ability to concentrate.

**Article of Interest:**

**Teething: Bits and Bites**  
Smile! Get the information you need to help you and your baby cope with teething.  
Time to complete: 20-25 minutes

Please take a moment to give us your feedback.

1. Ideally, how many minutes would you like to spend on a weekly web session like this


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Done Internet 100%

# Quiz

View Course - Windows Internet Explorer

http://campus.investinkids.ca/Student/Course/ViewCourse.aspx?CourseID=b3dd6dc0-0def-44f6-849d-1d4cc72053dd&ModuleID=Item\_b7d5c8811e644034b77ed5582f4b6c1b&ClusterID=Item\_b7d5c8811e6

 Save & Close x

Module 1 > Session 15

Session Guide Hide


- Introduction to Web Session
- 15 Pretest
- Your New Baby
- Before Your Baby is Born
- The Three Phases of Postpartum
- Three Phases of Postpartum Quiz
- Parents' World
- Overview of Module 2 Pretest
- Sharing Time 15 Pretest

Related Resources

- Who to Call for Breastfeeding Help
- Human Resources and Social Development Canada
- Office of the Registrar General's Online Certificate Application

Question 1

◀ Back 2 of 8 Next ▶


 What are the three phases of postpartum?

Select the correct answer.

a)  Taking in, taking hold and letting go

b)  Taking hold, letting go and moving on

c)  Taking in, letting go and moving on


 The three phases of postpartum are taking in, taking hold and letting go.

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# Sharing Time

View Course - Windows Internet Explorer  
http://campus.investinkids.ca/Student/Course/ViewCourse.aspx?CourseID=accd787f-70ff-4e9d-a2e5-3e90bb1a0552&ModuleID=Item\_b6bf0347416140e3831e7d61eca5f92c&ClusterID=Item\_b6bf03474161


 Save & Close X

## Module 2 > Session 16

### Welcome to Sharing Time

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Sudoku, Rubik's Cube, Word Search, Solitaire, Memory Games, Matching Games...these are all games to improve concentration. They're great for older children and adults, but what about your baby? What can you do to improve your baby's ability to concentrate? Based on what you have learned in this session, think about the different activities you can use to increase your baby's concentration skills. Set aside some time this week to share your thoughts with one another.



Please take a moment to give us your feedback.

1. I would like to continue to see Sharing Time activities every week.  
 Yes  
 No
2. Why or why not:

Submit

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*Session Guide* Hide

- Introduction to Web Session
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**Related Resources**

# Family Time

View Course - Windows Internet Explorer  
http://campus.investinkids.ca/Student/Course/ViewCourse.aspx?CourseID=acc0787f-70ff-4e9d-a2e5-3e90bb1a0552&ModuleID=Item\_2f47fe1495f4689b66992198a2d2c62&ClusterID=Item\_2f47fe1495f468

 Save & Close X

## Module 2 > Session 16

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### Related Resources

## Sleepy Time Stories

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*"Once upon a time, there was a happy and contented baby..."*

Is this how you would like your baby's story to begin? Reading to your baby plays a big part in creating just such a tale—only better. It will be in real life!



Reading is one of the best gifts you can give your child. Not only is it an enjoyable and educational activity, but it also fosters happiness and security in your child. Set aside some important family time together this week.

Click the link below to view and print the *Sleepy Time Stories* activity.

[Sleepy Time Stories](#)

Please take a moment to give us your feedback.

1. I would like to continue to see Family Time activities every week.  Yes  No
2. Why or why not:

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# Face-to-Face Schedule

Module 1 (Prenatal): 7 consecutive weekly sessions

Module 2 (Birth to 6 months): 6 monthly sessions

- Two Dads Only Sessions
- One Moms Only Session
- Rest are for Family (with baby)

Module 3 (7-12 months):

- One Dads Only Sessions
- One Moms Only Session
- Rest are for Family (with baby)

# Evaluation

## **Process evaluation:**

### 3 Pretests

- Pretest 1: Aug 2006 - 7 groups
- Pretest 2: Jan 2007 - 6 groups
- Pretest 3: Summer 2008 - ??

## **Impact evaluation:**

Large Pilot Test: January 2009 - 60 groups

# Parent Educator Teams & Sites

1 Counselor

1 Health Practitioner

13 teams:

- Niagara
- Hamilton
- Burlington
- Toronto/GTA
- Ottawa
- Thunder Bay
- Kenora



# Training

## Current training:

- 4 training sessions:
  - Orientation
  - Module 1 Face to Face Classes
  - Module 2 Face to Face Classes
  - Module 3 Face to Face Classes
- Monthly Telephone Conferences

# Getting Started- orientation

## Orientation:

- Overview of Invest in Kids
- Parenting Initiative Project
- The Parenting Partnership Program
  - Guiding principles
  - Values and Position Statements
  - Evaluation
- Role of the Parent Educators
  - Roles in classes, on-line
  - Policies
  - Documentation
  - Engaging Parents

# Training Sessions for Face-to-Face Classes

- Presentation of the Content and Teaching Strategies to Implement the Content- including methods to engage parents

Examples:

Class 1- Signs of Preterm Labour, Kegel Exercises, Couple Expectations and Role (DVD, posters, demonstration, worksheet)

Class 3- Emotions and Moods, Coping with Labour (small group activity, birth balls, demonstration, comfort kit)

Dads Only (Module 3) Check-in Time, The Parent I Want to Be, What is Baby Saying ( collage activity, small Group activity, power point presentation)

# Training Sessions Continued....

- Key Concepts
  - Positive Parenting
  - Comfort, Play and Teach
- Overview of the Teaching Kit
- Debrief for previous Modules taught
- Evaluation of Training Session

# Training Materials

- Training Manual
- Handouts from Training Sessions
- Facilitation Guides for each Face-to-Face Classes
- DVD of training sessions



# Evaluation of Parent Educator Training

- Questionnaire following each training session.
- Evaluations from Parent Educators after each FF class.
- Class observations by the PI Team
- Feedback from Parents



# Challenges in Training

- Distance
- Scheduling
- Technological skill set of Parent Educators
  - Web conferencing
  - Telephone conferencing
- Technology used during Training
  - Web conferencing
  - Telephone conferencing

# What do Parent Educators think of Training sessions?

## Format:

- Varied format in training sessions worked well
- Best delivery mechanism is Face-to-Face
- Just the right amount of information was provided

## Material:

- Most felt that information covered in the handouts and materials was just the right amount.

## Feelings of Preparedness:

- Agreed strongly usually rates of 8-10
- A few topics scored lower as these were new topics for educators

# Parent Educator Feedback continued



- *" I enjoy being present for the demonstrations and the discussion, and I also enjoy connecting with the staff and other PEs"* PE counselor
- *"Wonderful preparation for Module 3"* PE counselor
- *"Great training...easy to understand, valuable info. Looking forward to facilitating the sessions"* PE health
- *"Materials were well researched and written"*

# What do Parent Educators think about Facilitation Guides?

## Format:

### Likes:

- Divided sections
- Easy to use/read/follow
- Consistent Format

### Dislikes:

- Labeling of tabs for the classes
- Missing or misplaced handouts

## Binder:

- Too big
- Contents barely fit in binder

## Suggestions:

- List of content in web sessions for Module
- List of content in all FF sessions for Module

# What about The Parenting Partnership?

The postnatal sessions allowed time for more learning, support and in the case of the Scarborough Group build a supportive community  
*Counselor*

I wish this wonderful Resource was available to my husband and I when we were having our daughter  
*Counselor*

When I first signed up to do this, I had no idea what a wonderful Experience that this would be-not Just for the parents but for myself as well. I have taught many Parenting groups over the years but this one is unique  
*Nurse*

I have and continue to support this program as a ginormus success; the tools and materials “will assist in creating healthy and balanced children, relationships and a better society”  
*Counselor*

# Impact on Educators and Parents

"the support and training provided by Invest in Kids was an important part of the success I have enjoyed as an educator. Through their organization of monthly meetings, feedback session, continuing education and evaluations. I personally was able to step outside my comfort zone and grow as an educator and as a parent (having older children this was not something I had anticipated)." PE health practitioner

# Questions ????



Karon Foster

Director of Curriculum and Parent Educators

416-977-1222 ext 222

[kfoster@investinkids.ca](mailto:kfoster@investinkids.ca)

# The Parenting Partnership

