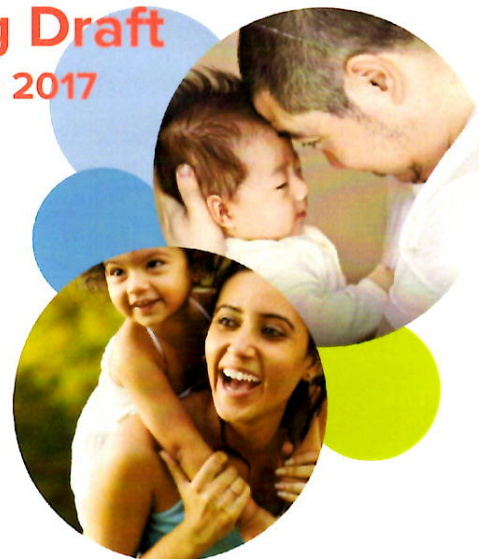


Implementing a Parenting Curriculum: Understanding Head Start Program Performance Standard 1302.51 (b)

Parent activities to promote child learning and development, 45 CFR § 1302.51(b):

A program must, at minimum, offer opportunities for parents to participate in a research-based parenting curriculum that builds on parents' knowledge and offers parents the opportunity to practice parenting skills to promote children's learning and development. A program that chooses to make significant adaptations to the parenting curriculum to better meet the needs of one or more specific populations must work with an expert or experts to develop such adaptations.



Background

Positive parent-child relationships are fundamental to the goal of promoting child learning and development. This program performance standard represents ideas that have emerged in recent research related to supporting parental confidence. Research has shown that preschool programs can positively impact parenting when they go beyond simply providing parenting information. There are greater benefits to parents and children when programs offer parents experiences that model positive interactions and give parents opportunities to practice with feedback.¹ In addition, these intentional offerings give parents opportunities to interact with staff, form peer relationships, and access information to support parental confidence.

Parenting Curriculum Decision-Making Checklist

A parenting curriculum should include the following characteristics:

- ☐ Structured, sequenced learning activities for parents that focus on two or more of the following domains of learning:
 - ☐ Nurturing (warmth, responsiveness, and sensitivity)
 - ☐ Discipline (providing limits, teaching self-control, handling challenging child behaviors)
 - ☐ Teaching (conveying information or skills)
 - ☐ Language (conversations)
 - ☐ Supervision (watchfulness)
- ☐ A manual or guide that describes what learning domains to deliver, how to present them, and in what order
- ☐ Available for public use
- ☐ Two or more sessions
- ☐ Delivered in a time-limited or ongoing manner
- ☐ Delivered to parents as the intended and primary audience
- ☐ Includes an opportunity for parents to practice skills
- ☐ Able to be implemented in early childhood settings or community-based organizations
- ☐ Research-based

¹ Yoshikawa, H. Testimony to the Senate HELP Committee- Full-Committee Hearing on Supporting Children and Families through Investments in High-Quality Early Education, February 6, 2014.



ReadyRosie is a research-based parenting curriculum that offers parents foundational concepts in an accessible modeled format.

This innovative program provides schools and organizations with a combined approach of interactive workshops PLUS ongoing mobile support and communication. ReadyRosie provides 1,000+ structured and sequenced learning activities that families can utilize independently and/or in the context of group learning. It is targeted to families, inclusive for special populations, and adaptable for individual schools.

Look closer and see the ReadyRosie response for each drafted recommendation from Head Start.

Head Start Recommendation	The ReadyRosie Response
Structured, sequenced learning activities for parents that focus on two or more of the following domains of learning:	<p>ReadyRosie provides Head Start agencies an impactful two-fold approach to parenting support:</p> <ol style="list-style-type: none"> 1. Six interactive pre-planned and customizable workshops that each include a facilitator's guide, PowerPoint presentation and flyer to recruit families. Workshop session topics include: A Bonded Family, Developing the Whole Child, Building a Literacy-Rich home, Routines and Challenging behaviors, Fun with Math and Critical Thinking, and Parents as Leaders. 2. 1000+ videos in English and in Spanish that are delivered to families via text, email and/ or app and can be shared to align with classroom objectives. See more about alignments and more here: http://www.readyrosie.com/headstart
Nurturing (warmth, responsiveness, and sensitivity)	<p>ReadyRosie videos feature real families modeling activities grounded in kindness, mutual respect, and patience. See specific examples below:</p> <p>Warmth: ENG: Tell Me About It: EXAMPLE SPAN: ¡Cuéntamelo!: EXAMPLE</p> <p>Responsiveness/Sensitivity: ENG: Grab and Grasp: EXAMPLE SPAN: Alcanzar y agarrar: EXAMPLE</p> <p>Plus, the ReadyRosie Family Workshop Series features TWO sessions on the power of a nurturing family environment.</p>
Discipline (providing limits, teaching self-control, handling challenging child behaviors)	<p>ReadyRosie supports families in understanding positive and preventative discipline strategies, offering:</p> <ul style="list-style-type: none"> - an entire session on providing limits, teaching self-control, and handling challenging child behaviors from the ReadyRosie Family Workshop. - Research and Answer videos that feature early childhood experts speaking on positive discipline strategies: EXAMPLE - ReadyRosie Modeled Moments that show preventative and peaceful discipline/ management strategies: EXAMPLE
Teaching (conveying information or skills)	<p>ReadyRosie models to families how common everyday experiences can be targeted learning opportunities. For example:</p> <p>Foundational Literacy Skills: ENG: EXAMPLE SPAN: EXAMPLE</p> <p>Early Numeracy/ Counting/ Cardinality: ENG: EXAMPLE SPAN: EXAMPLE</p>

Head Start Recommendation	The ReadyRosie Response
Language (conversations)	ReadyRosie provides modeling for families on how to use common interactions to increase language and learning, as well as packaging a ReadyRosie Family Workshop series devoted to language and literacy in the home. Please see ReadyRosie examples below that model language experiences: ENG: EXAMPLE SPAN: EXAMPLE
Supervision (watchfulness)	Families are the guardians of their children's progress and wellness. In supporting the whole child, ReadyRosie Family Workshops address supervision and safety.
A manual or guide that describes what learning domains to deliver, how to present them, and in what order	ReadyRosie provides schools with an Implementation and Facilitator Guide that includes: <ul style="list-style-type: none"> - 6 powerful and interactive workshops for families - PowerPoint presentations and interactive videos with each session - Live or web-based Train the Trainer sessions to support facilitators - Pre-made flyers in English and Spanish to advertise the workshop event to families
Available for public use	ReadyRosie is accessible to every parent, step-parent, grandparent, etc. who is affiliated with the Head Start agency or school.
Two or more sessions	ReadyRosie provides 6 powerful and interactive sessions for families and over 1000 learning activities that families can access independently.
Delivered in a time-limited or ongoing manner	ReadyRosie provides content to families year-round, so they can continue to participate in learning during holiday seasons and summer. ReadyRosie includes SPECIFIC summer learning content designed to mitigate summer learning loss and successfully transition from PreK to Kindergarten.
Delivered to parents as the intended and primary audience	ReadyRosie was developed for and has been implemented specifically for families.
Includes an opportunity for parents to practice skills	All ReadyRosie workshops provide families with an opportunity to enjoy the activities together at the workshop. Additionally, all video activities that are delivered to families include an opportunity for families to DO the activity and report that they have done so by clicking on the "we did it" button associated with each video. This helps schools to actively monitor parent usage and consistency.
Able to be implemented in early childhood settings or community-based organizations.	ReadyRosie is currently being implemented in several Head Start agencies, including CAP of Tulsa, City of San Antonio Head Start, and CAP of Kern County. ReadyRosie was designed to be best implemented in early childhood settings.
Research-based	Although ReadyRosie has been (and is currently) involved in many efficacy studies, the most relevant to Head Start is the Randomized Control Trial study done by Penn State to evaluate the impact of ReadyRosie on linguistic behavior change in families when they are participating in ReadyRosie. See more details on the ReadyRosie evidence base here: https://www.readyrosie.com/research