Knowledge of Parenting and of Child and Youth Development

Outcomes associated with knowledge of parenting and child development include awareness of the usual steps in child development, the signs indicating children need special help, ways to promote healthy development, and developmentally-appropriate and culturally-relevant discipline and guidance methods. Intermediate and long term outcomes should spell out the behaviors that suggest parents are making practical application of that knowledge.

Knowledge of Parenting & of Child & Youth Development related to *Behavior Management and Discipline*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Carolina Abecedarian Project, Creating Lasting Family Connections, Dare to Be You, Early Head Start, Families and Schools Together, Get Real About Violence Guiding Good Choices, Healthy Families America, Healthy Families New York, Helping the Noncompliant Child, Incredible Years, Infant Health and Development, Nurse Family Partnership, Nurturing Parenting Program, Olweus / Bullying Prevention Program, Parent Child Interaction Therapy, Parenting Wisely, Parents As Teachers, Perry Preschool Project, Project SafeCare, Reaching Educators, Children, and Parents (RECAP), Schools and Families Educating Children (SAFE Children), STEP: Systematic Training for Effective Parenting, Strengthening Families, Success in Stages, Triple P - Positive Parenting Program, 1-2-3 Magic: Effective Discipline for Children.

Short-term

Outcome

Participants know effective and positive behavior guidance strategies.

Indicators

- Participants know the importance of noticing and encouraging their children's positive behaviors.
- Participants know the importance of spending time interacting positively with their children.
- Participants know the need for being a positive role model for their children.
- Participants know the importance of predictable and developmentally appropriate routines for their children.
- Participants know the importance of consistency in setting and maintaining rules.
- Participants know realistic expectations for children's behavior.
- Participants know how to express their expectations to their children clearly and positively.
- Participants know effective and appropriate alternatives to corporal punishment.
- Participants know the negative consequences of physical punishment and coercion.
- Participants know the legal definitions of child abuse/neglect.

Intermediate / Long-term

Outcome

Participants effectively and positively guide child behavior.

Indicators

- Participants encourage their children's positive behaviors.
- Participants spend time daily interacting positively with their children.
- Participants verbalize their positive regard for their children to their children and others.
- Participants model behaviors that they wish for their children to adopt (cooperative problem solving and negotiating, helping others, keeping commitments, etc.).
- Participants maintain consistent, predictable and developmentally appropriate routines for their children.
- Participants maintain a set of developmentally appropriate, reason-based limits and expectations for their children.
- Participants express expectations clearly and positively.
- Participants use non-violent and effective consequences and/or guidance when their children do not follow rules.
- Participants coach and positively assist their children to understand and follow household rules and expectations.
- Participants correct and redirect their children's inappropriate behaviors without corporal punishment or coercion.

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Knowledge of Parenting & of Child & Youth Development related to *Behavior Management and Discipline* (continued)

Short-term	Intermediate / Long-term
Outcome Participants know how to appropriately supervise their children. **Indicators** • Participants know the importance of supervising their children from infancy through adolescence. • Participants know when it is reasonable to give a child additional responsibilities and liberties. • Participants understand the importance of knowing the members of any household their children visit.	**Outcome** Participants provide appropriate supervision according to the developmental need/stage of the child. **Indicators** • Participants appropriately supervise their children according to the children's developmental level and individual needs. • Participants are aware of where and/or with whom their children are at all times. • Participants know and are comfortable with the members of any household their children visit.

Knowledge of Parenting & of Child & Youth Development related to *Parenting Children with Special Needs*

There are no programs in the FRIENDS Programs from the FRIENDS' Program Directory that are designed exclusively for Parenting Children with Special Needs. However, the following programs have components that address some of the outcomes and indicators in this domain: Carolina Abecedarian Project, Early Head Start, Healthy Families America, Healthy Families New York, Helping the Noncompliant Child, Infant Health and Development, Nurse Family Partnership, Parent Child Interaction Therapy, Parents As Teachers, Perry Preschool Project, Project SafeCare, Reaching Educators, Children, and Parents (RECAP), Schools and Families Educating Children (SAFE Children Triple P - Positive Parenting Program.

Short-term	Intermediate / Long-term
Outcome Participants understand the scope of their children's special needs and abilities. **Indicators** • Participants know their child's particular medical condition, developmental delay, or other special need. • Participants know the appropriate treatment/therapy needed by their child. • Participants demonstrate knowledge and appreciation of their child's strengths and abilities.	**Outcome** Participants provide or facilitate treatment that is appropriate to their child's special needs. **Indicators** • Participants access appropriate services (medical, educational, mental health, etc.) needed to support their child's optimal development. • Participants support their child's growth and development by following recommended treatment procedures at home. • Participants ensure that their children with special needs have opportunities to engage in social activities with their peers.

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Knowledge of Parenting & of Child & Youth Development related to *Parenting Children with Special Needs* (continued)

Outcome

Participants with children with special needs are aware of community resources and supports available to them.

Indicators

- Participants can list where to go in the community for assessment and evaluation.
- Participants know special education and other resources for which their child may qualify.
- Participants know where to access appropriate physical, occupational, or mental health therapy.
- Participants know how to participate effectively In IEP, IFSP or treatment planning meetings.
- Participants know where and how to access low-cost medications or any adaptive equipment their child needs.

Outcome

Participants advocate for their children with special needs.

Indicators

- Participants ensure that their child with special needs is receiving appropriate physical, occupational, or social emotional therapy.
- Participants attend IEP Meetings and effectively advocate for their child's educational needs.
- Participants meet with teachers routinely to ensure that their child is benefiting from the educational services provided.
- Participants ensure that their child has access to the adaptive equipment appropriate to the child's needs.
- Participants participate in treatment planning and / or clinical meetings with medical, mental health or other professionals who responsible for providing care for their child with special needs.

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Knowledge of Parenting & of Child & Youth Development related to *Parenting-children with challenging behaviors*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Get Real About Violence ,Guiding Good Choices, Helping the Noncompliant Child, Olweus / Bullying Prevention Program, Parenting Wisely, Reaching Educators, Children, and Parents (RECAP), Strengthening Families, Success in Stages, Triple P - Positive Parenting Program.

Short-term	Intermediate / Long-term
Outcome Participants understand the dynamics of their child's behaviors. **Indicators** • Participants recognize their children's positive attributes. • Participants accurately describe behaviors targeted for intervention including frequency, duration, and intensity. • Participants accurately describe the settings in which the targeted behaviors most often occur.	**Outcome** Participants practice appropriate and effective strategies for mediating their children's challenging behaviors. **Indicators** • Participants structure environments to facilitate positive behavior. • Participants practice appropriate and effective methods for encouraging their children's positive behaviors. • Participants practice appropriate, effective and non-abusive methods of reducing their children's negative behaviors.
Outcome Participants understand the dynamics of their child's challenging behaviors. **Indicators** • Participants recognize their children's positive attributes. • Participants accurately describe behaviors targeted for intervention including frequency, duration, and intensity. • Participants accurately describe the settings in which the targeted behaviors most often occur.	**Outcome** Children use pro-social behaviors to communicate and to get their needs met. **Indicators** • Participants instruct / inform others of the effective methods for reducing their children's inappropriate behaviors (i.e. other family members, caregivers, child care and school personnel, etc.). • Children use positive methods to initiate interactions with others. • Children demonstrate confidence and an affect appropriate to the situation / circumstance. • Children articulate or otherwise express their needs in appropriate ways. • Children's inappropriate behaviors (such as non-age appropriate tantrums, self-destructive or suicidal behavior, bullying, disorganization, inattentiveness, wandering, etc.) are reduced in frequency, duration and intensity.

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Knowledge of Parenting & of Child & Youth Development related to *Child Development*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Carolina Abecedarian Project, Creating Lasting Family Connections, Dare to Be You, Early Head Start, Families and Schools Together, Healthy Families America, Healthy Families New York, Helping the Noncompliant Child, Incredible Years, Infant Health and Development, Nurse Family Partnership, Parent Child Interaction Therapy, Parenting Wisely, Parents As Teachers, Perry Preschool Project, Project SafeCare, Reaching Educators, Children, and Parents (RECAP), Schools and Families Educating Children (SAFE Children), STEP: Systematic Training for Effective Parenting, Strengthening Families, Triple P- Positive Parenting Program.

Short-term

Outcome

Participants understand typical development.

Indicators

- Participants identify developmental milestones.
- Participants identify developmental "red flags" that may indicate a need for developmental assessment.
- Participants know when to expect children to perform daily tasks such as dressing, eating, and toileting.
- Participants know when it is reasonable to expect children to develop and exercise social skills.
- Participants know how to access information on typical development.
- Participants know their children's emerging developmental stages.

Outcome

Participants know how to foster optimal cognitive development.

Indicators

- Participants know their children's cognitive/educational/literacy achievements and emerging skills.
- Participants know the importance of routinely spending time positively interacting with their children.
- Participants can select age-appropriate reading materials.
- Participants know how to assist their children to do well in school.
- Participants demonstrate knowledge how to monitor their children's television viewing.
- Participants know how to interact confidently and effectively with teachers.

Intermediate / Long-term

Outcome

Participants apply knowledge of child development in their parenting behaviors.

Indicators

- Participants plan activities based on their children's development.
- Participants identify "red-flags" in their children's development and seek professional assistance and help as needed.
- Participants appropriately support for their children to develop daily living skills.
- Participants provide opportunities, encouragement, and support for their children to develop and exercise social skills.
- Participants access reference materials and other information on child development as needed.
- Parents do not punish when the child does not meet the parent's expectations for developmental achievement.

Outcome

Participants foster optimal cognitive development in their children.

Indicators

- Participants provide developmentally appropriate materials, activities, and parental support to encourage optimal learning.
- Participants routinely spend time interacting positively with their children.
- Participants read developmentally appropriate materials to and with their children.
- Participants help their children do well in school by assisting with homework and encouraging attendance and class preparation.
- Participants monitor their children's television viewing.
- Participants interact confidently and effectively with teachers.

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Knowledge of Parenting & of Child & Youth Development related to *Prenatal Care*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Early Head Start, Healthy Families America, Healthy Families New York, Nurse Family Partnership, Project SafeCare.

Short-term	Intermediate / Long-term
Outcome Participants understand the importance of prenatal care. **Indicators** • Participants know what prenatal care entails. • Participants know the benefits of prenatal care for mothers and infants.	**Outcome** Participants access prenatal care by their second trimester. **Indicators** • Participants who are pregnant find health care providers for prenatal care. • Participants receive prenatal care.
Outcome Participants know how to access prenatal care. **Indicators** • Participants have contact information for local medical care providers who provide prenatal care. • Participants know where they can access prenatal care in their community.	**Outcome** Participants maintain a healthy lifestyle during pregnancy. **Indicators** • Participants who are pregnant refrain from using drugs, including alcohol, during pregnancy. • Participants maintain a healthy diet. • Participants practice effective, healthy strategies to reduce stress.
Outcome Participants understand what supplies and support systems need to be in place when they bring their babies home. **Indicators** • Participants know appropriate sleeping arrangements for an infant. • Participants know appropriate baby foods. • Participants know nutritional and medical programs that can provide free or low-cost services. • Participants know the types and quantities of clothing, bedding, and diapering supplies needed for infants.	**Outcome** Participants have the necessary supplies, feeding plans, and support systems in place when they bring their babies home. **Indicators** • Participants have appropriate sleeping arrangements for their infants. • Participants access nutritional and medical programs that can provide free or low-cost services for themselves or their babies. • Participants arrange for friends and/or family members to provide occasional respite so that the participants can take care of their personal needs for rest and other self-care.

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Knowledge of Parenting & of Child & Youth Development related to *Nutrition*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Carolina Abecedarian Project, Early Head Start, Healthy Families America, Healthy Families New York, Nurse Family Partnership, Project SafeCare.

Short-term	Intermediate / Long-term
Outcome Participants understand the components of a healthy diet and exercise program for their families. **Indicators** • Participants know appropriate foods and portions to meet their children's needs. • Participants know how and when to introduce new foods to their children. • Participants know how to read food labels. • Participants know healthy snacks for themselves and their children. • Participants know how to access WIC, food stamps, food banks, and other nutrition programs. • Participants know the dangers of obesity. • Participants know how diet and exercise are related to health.	**Outcome** Participants and their families follow a healthy diet and exercise program. **Indicators** • Participants engage in games and activities that provide appropriate exercise for themselves and their families. • Participants serve foods and portions appropriate for their children. • Participants read food labels prior to making food purchases. • Participants make healthy snacks available for their family. • Participants access WIC, food stamps, food banks, and other nutrition programs as needed. • Participants and their families routinely exercise.
Outcome Participants understand how to meet their children's needs for health and safety. **Indicators** • Participants know how to access nutritional programs (WIC, Extension, etc.). • Participants know healthy standards of hygiene. • Participants know when and how to schedule routine medical examinations. • Participants know when and how to schedule and immunizations. • Participants know how and where to secure a "medical home". • Participants know when it is appropriate to seek medical care for their children. • Participants know how to select appropriate caregivers for their children. • Participants know appropriate car seats and restraints for children.	**Outcome** Participants meet their children's needs for health and safety. **Indicators** • Participants have at least a two-day supply of healthy food available. • Participants maintain a healthy standard of hygiene for their infants and children. • Participants' children receive routine medical examinations. • Participants' children receive immunizations according to medical guidelines. • Participants have secured a "medical home" for their infants or children. • Participants received appropriate medical care for their children as needed. • Participants have selected appropriate caregivers for their infants or children. • Participants consistently use appropriate car seats or restraints for their children.

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Knowledge of Parenting & of Child & Youth Development related to *Safe Homes and Communities*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Early Head Start, Nurse Family Partnership, Healthy Families New York, Healthy Families America, Parents As Teachers, Creating Lasting Family Connections, Project SafeCare.

Short-term	Intermediate / Long-term
Outcome Participants know how to create safe home environments. **Indicators** • Participants know the conditions that create a child-safe home. • Participants know the materials and supplies needed to have a child-safe home and where to get them. • Participants know household hazards. • Participants have a list of emergency numbers.	**Outcome** Participants have a safe home environment. **Indicators** • Participants access and install materials and supplies needed to have a child-safe home. • Participants remove household hazards (including outside hazards) that jeopardize child safety. • Participants post or have ready access to a list of emergency numbers.
Outcome Participants know how to protect their children from community-based risk factors. **Indicators** • Participants know community risk factors. • Participants know appropriate supervision. • Participants know how to screen care providers for their children.	**Outcome** Participants protect their children from community risk factors. **Indicators** Participants ensure that their children are in a safe environment when in the care of others. Participants supervise their children according to the developmental needs of the children.

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Knowledge of Parenting & of Child & Youth Development related to Fatherhood

There are no programs from the FRIENDS' Program Directory that are designed exclusively for Fathers.

Short-term	Intermediate / Long-term
Outcome Fathers know how to participate positively in their children's lives. **Indicators** • Fathers know how to assist children in feeding, bathing, diapering and other custodial duties. • Fathers know the importance of being involved in their children's education. • Fathers know age appropriate play and recreational activities they can do with their children.	**Outcome** Fathers participate positively in their children's lives. **Indicators** • Fathers assist children in feeding, clothing, bathing, and other custodial duties according to children's needs. • Fathers are involved in their children's education. • Fathers routinely participate in age appropriate play and other recreational activities with their children. • Non-custodial fathers keep all visitation appointments.
Outcome Fathers know how to work cooperatively with their children's mother to promote a healthy environment for their children. **Indicators** • Fathers know the importance of contributing to the economic support of their families. • Non-custodial fathers know effective and positive communication skills for interacting with their children's mother and negotiating visitation and child support payments. • Non-custodial fathers know effective communication skills with their children's mother. • Fathers know the importance of establishing paternity.	**Outcome** Fathers work cooperatively with their children's mother to promote a healthy environment for their children. **Indicators** • Fathers work cooperatively with their children's mother to establish house rules and expectations for their children. • Fathers contribute to the economic support of their families. • Non-custodial fathers develop parenting-plans and child support payment plans in cooperation with the children's mother and the courts, if applicable. • Non-custodial fathers practice effective communication skills with their children's mother. • Fathers establish paternity when paternity is in doubt.

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Knowledge of Parenting & of Child & Youth Development related to *Healthy Marriage*

Programs from the FRIENDS' Program Directory* with components that promote outcomes or indicators in this sub-domain are: Creating Lasting Family Connections.

Short-term	Intermediate / Long-term
Outcome Couples know skills and behaviors that support a healthy marriage / relationship or other co-parenting relationship. **Indicators** • Couples know the need for consistent household rules. • Couples know the need for consistency in their approach to discipline. • Couples know the need to model respectful problem resolution skills.	**Outcome** Couples practice skills and behaviors that support a healthy marriage /relationship. **Indicators** • Couples agree on a set of household rules. • Couples support each other's efforts to maintain household rules. • Couples practice a consistent, positive approach to discipline. • Couples resolve conflicts respectfully.

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