



EXECUTIVE DIRECTOR  
Geetha Arulmohan



## Program Summary Sheet

---

<b>Title</b>	Parenting Wisely
<b>Program</b>	Parenting young children
<b>Audience</b>	Parents of young children ages 3-12
<b>Number of Sessions</b>	Self-directed (7 sessions, 3-5 hours total)

### Summary

Parenting Wisely (Young Children) is an interactive, computer-based training program for parents of children ages 3-12 years. Based on social learning, cognitive behavioral and family systems theories, the program aims to increase parental communication and disciplinary skills. Parents use this self-instructional program on an agency's personal computer or laptop, either on site or at home, using the CD-ROM or online format.

Based on the success of the original Parenting Wisely program, this version is specifically designed to address the unique communication and compliance needs of parents of younger children by teaching the following parenting skills:

- Redirection
- Active listening
- "I" statements
- Nondirective play
- Fostering social skills
- Communicating with school
- Time out
- Setting limits and consequences

During each of seven sessions, users view a video enactment of a typical family struggle and then choose from a list of solutions representing different levels of effectiveness, each of which is portrayed and critiqued through interactive questions and answers. Each session ends with a quiz. All seven sessions can be completed in 3-5 hours. Parents also receive workbooks containing program content and exercises to promote skill building and practice.

Parenting Wisely has been designated an Exemplary Model program by the Substance Abuse and Mental Health Services Association (SAMHSA) and the Center for Substance Abuse Prevention (CSAP).

### Learning Objectives

1. Increase parental communication skills.
2. Increase disciplinary skills.

<b>Contact:</b>	<b>Smriti Singh</b> <b>Administrative Assistant</b>
<b>Phone:</b>	<b>609-396-5874</b>
<b>Email:</b>	<b>ssingh@mercercouncil.org</b>