



# Parents & Practitioners

Parents & Practitioners

Volume 1, Issue 9

Winter 2012

## Parent Leader Opportunities

### Inside this Issue:

Head Start Praise	2
Bullying	2
Message to Practitioners	3
Parent Profile	3
FRIENDS NRC Info	4

There's something exciting about starting a new year. It's a time when we assess how things went the year before and plan how to make improvements in the coming year. One important area for us to consider is parent leadership. How would you assess the opportunities that parents have to become leaders in your organization? How can you enhance those opportunities in the New Year?

Questions to think about -

~To what extent does your program provide training on parent leadership principles?

~To what extent do your program policies provide parents with leadership opportunities as a standard of practice?

~Are parents' active members on program committees, councils or boards?

~Do you have a parent leadership development plan that provides for continued individual growth and expansion

of leadership skills?

~Does your program formally recognize the specific achievements and contributions of parent leaders?

These, and other questions to help you assess how well your program is doing in supporting the development of parent leadership skills, can be found in *Peer Review in CBCAP: A Source Document for Assessment and Best Practice* [www.friendsnrc.org/print-materials](http://www.friendsnrc.org/print-materials).

Parent leaders emerge due to events and activities that require and support their development. A few activities that parent leaders can participate in are -

**Parent-Practitioner partnerships in training events.** Each year FRIENDS offers the Parent Leadership Ambassador Training to CBCAP State Leads and one of their parent partners. This training is delivered by parents

and practitioners to build the capacity of CBCAP leads and their parent partners to deliver the leadership training in their own states.

**Parent-Practitioner partnerships in policy development.**

When you visit with your local, state or national representatives take a parent along to bring an authentic voice to the conversation.

**Parent-Practitioner partnerships in community events.**

Parents can take a leadership role in planning National Parent Leadership Month® activities. These activities provide an opportunity to recognize parent leaders and thank them for their contribution to our work. It also raises community awareness about the significant part parent leaders' play in preventing child abuse and promoting well being.

*Submitted by Linda Baker, Director FRIENDS NRC CBCAP*

### FRIENDS Partners:

- \* Chapel Hill Training Outreach Project, Lead Agency
- \* Child Welfare League of America. [www.CWLA.org](http://www.CWLA.org)
- \* Circle Of Parents [www.circleofparents.org](http://www.circleofparents.org)
- \* Human Systems Dynamics [www.hsdinstitute.org](http://www.hsdinstitute.org)
- \* Independent Living Resources Inc [www.independentlivingresources.com](http://www.independentlivingresources.com)
- \* National Implementation Research Network [www.fpg.unc.edu/~nirn](http://www.fpg.unc.edu/~nirn)

## Parent Leadership Evidence Work Group

The Parent Leadership Effectiveness Workgroup (PLEWG) continues the effort to demonstrate the impact of parent leadership. The group is a body of practitioner and parent leaders convened by Circle of Parents and supported by FRIENDS with a focus on *measuring the Impact of parents on Programs and Policy Development to guide organizations as they develop and seek support and resources to sustain parent partnerships*. The PLEWG receives consultation from University of Kansas

Institute for Educational Research and Public Service to guide and document this process. The PLEWG has conducted a scan of existing parent leadership measurement tools and reviewed reflections and input from the Parent Partnership Strategic Project held during Network for Action meeting in June.

Currently the PLEWG is identifying CBCAP State Lead Agencies who would like to participate in discussions or evaluations of their

experiences with well developed and effective Parent Leadership models or activities operating at the state level. The PLEWG will then take steps toward development of a tool for measuring parent leadership in community-based prevention organizations, including either use or modification of an existing tool or creation of a new tool. A presentation of pilot ideas is planned for the April 2012 Network for Action meeting. ~MaryJo Caruso, FRIENDS NRCCBCAP

## Head Start Parent Gives Praise

I am writing a letter as a former parent of St. Jerome's Head Start and a parent policy committee member. I want to express my appreciation and comment on the services provided by Barbara Johnson. She is the behavior specialist and her service here at St. Jerome's has been invaluable to me.

God gave us children but we did not get the manual for them! Raising children can be very challenging. Also my husband works two jobs and I go to school and am the primary caretaker for the children. It can be very tough mostly being the only parent in the home most of the time with my husband working so much.

Behavior and discipline advice comes from all directions; parents, neighbors, sisters etc...but they are not the professionals. In my experience everyone wants to tell me how to discipline my children yet they either don't have children or I already see their methods do not work! I got to a point where I was really struggling and nothing was working with my son. The little behaviors that start at 3 years old just escalated at 4 years old. I needed help badly. She came to the house, and met with me at school and just knew how to handle everything in a loving and nurturing way while still implementing the rules and consequences. She was 4 steps ahead of me every time. When she suggested

a new method she would say.... "And then he will do this, after this do that....then he will do the next behavior, and then do that." She truly cares about the children and our family. She is an excellent resource for everyone and I believe that every parent could learn some invaluable tips that will have happier and healthier children and more peace in the family.

I recently attended the focus group this past summer for parents with kids under 5 and more than ever I was convinced that every single parent needs a "Ms. Barb". Every parent was struggling with a different aspect of how to handle different unfavorable behaviors.

It made me realize Head Start was really ahead in that they were giving their parents ALL the tools to get their family a head start. They offer schooling options, the obvious school day for the children, and many other things but the most needed service is the behavior specialist in my opinion. I also feel that many parents don't realize how helpful she is if they would only ask for help. Then they keep on struggling on their own when she is readily available to help. Ms. Barb is an invaluable resource for families. She really helps build a foundation that children need to be successful throughout life. Things like handling disappointment, treating others



kindly, managing anxiety and worry, learning to take a break or rest to calm down are all skills we adults need also. If my son can learn this now he will be so far ahead!

I want to thank her and Head Start for all of their love and support to our family and children.

Sincerely,

Dawn Van Wieran

Former Head Start Parent

## Back To School: Bullying Info

Bullying is a widespread and serious problem that can happen anywhere. It is not a phase children have to go through, it is not "just messing around", and it is not something to grow out of. Bullying can cause serious and lasting harm.

Although definitions of bullying vary, most agree that bullying involves:

**Imbalance of Power:** people who bully use their power to control or harm and the people being bullied

may have a hard time defending themselves.

**Intent to Cause Harm:** actions done by accident are not bullying; the person bullying has a goal to cause harm

**Repetition:** incidents of bullying happen to the same person over and over by the same person or group.

Bullying can take many forms. Examples include:

**Verbal:** name-calling, teasing

**Social:** spreading rumors, leaving people out on purpose, breaking up friendships

**Physical:** hitting, punching, shoving

### Cyberbullying:

using the Internet, mobile phones or other digital technologies to harm others. An act of bullying may fit into more than one of these groups.



For more information go to:

<http://stopbullying.gov>

## A Message to Practitioners About the April 2012 National Conference

According to a link from the Children's Bureau website at <http://www.pal-tech.com/web/OCAN/>, the theme of the 18<sup>th</sup> National Conference on Child Abuse and Neglect, Celebrating the Past - Imagining the Future, to be held on April 16-20, 2012, is to embrace our past successes, to learn from our challenges and to realize our dream of eliminating child abuse and neglect. It is being held in conjunction with the Centennial Celebration of the Children's Bureau. It is a time for practitioners, policy makers, advocates and academics to learn and consider improved strategies for advancing policy and practice.

I strongly believe that the experiences of the conference and celebration can be enhanced for everyone with the inclusion of parents who have strengthened their roles as leaders within their families and become leaders and advocates for others as they engage in program and policy development on the community, state and federal levels. Here are **five compelling reasons** you should make the resources available to bring parent leaders to the conference and centennial celebration:

Parent leaders can bring fresh perspectives to the issues under dis-

cussion at the CBCAP, EBHV, Network to Action and other meetings.

As trainers and co-trainers of workshops and skill building seminars, parents can enlighten the learning of participants with the expertise they've acquired through real-life experiences.

Parents can acquire more information and knowledge about existing programs and strategies; research and evaluation; and state and federal policy to aid their meaningful participation in future program and policy decisions back home.

By meeting other parents and practitioners from across the country, parents can form supportive networks for sharing resources and ideas that empower them as leaders in the implementation of change.

The Centennial Celebration is an opportunity to honor the founders of the Children's Bureau, to highlight its many accomplishments during the last 100 years, to note the positive developments in the fields and professions improving the lives of children and families, and to think about the future. It should also be a time to celebrate with and on behalf



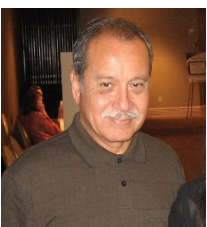
of the countless parents, caregivers and community leaders who, in partnership with you, successfully changed the lives and future of the children we all care for.

There's a saying that a parent is a child's first teacher. Let's make sure that this conference encourages parent engagement and involvement as leaders on all levels to help better ensure that role as "first teacher" is supported and informed enough to promote the health, safety and well being of our nation's children. So commit now to bringing parents along with you to teach, learn, celebrate and imagine the future!

*Submitted by:*

*Cynthia Savage  
Former CEO Circle of Parents*

## Parent Profile: Art Hernandez



Parents have successfully started organizations becoming a viable entity because they could not find what they needed for themselves and or their families and communities. Art Hernandez saw a need in his community and took the steps to found a Parents Anonymous® program in Riverside, CA. Art has been involved in Parent Leadership for many years. He became involved when he took responsibility

for a young male when a relationship he was in ended. Having to be both mom and dad had him scurrying for help. Reach out he did. He asked for the help that he needed and after receiving the invaluable help became a parent resource not only for those in his own life but to parents locally, statewide, and nationally. Art believes in the power of the parent voice. His goal is for all family support service programs to develop and include parent leaders as a part of their strategy for success by giving parents the help they need because they have been con-

sulted and included in the structural process.

Art is active on all these levels. He is a member of the FRIENDS National Resource Center Parent Advisory Council for CBCAP, Board Member of the National Center on Shared Leadership® and Parents Anonymous Inc.®, as well as the chair of Parents Anonymous of Riverside County California.

*~Article written by editor in collaboration with Art Hernandez*

## Parents & Practitioners

Editor: Eliza Cooper

### Newsletter Support Staff:

Sam Bowman  
Brenda Bradford  
Charles Bryan  
Nancy Connolly  
Stephanie Eckhart

Jill Gentry  
Art Hernandez  
Dawn Patzer  
Cynthia Savage  
Melony Storm

Contact: ([friendsnewsletter@gmail.com](mailto:friendsnewsletter@gmail.com)?)

This publication was produced by Circle of Parents, under a subcontract with the FRIENDS National Resource Center for Community-Based Child Abuse Prevention (CBCAP). FRIENDS is a service of the Children's Bureau and a member of the T/TA network. FRIENDS is funded by the U.S. Department of Health and Human Services, Administration for Children, Youth and Families, Office on Child Abuse and Neglect, under discretionary Grant 90CZ0023. The contents of this publication do not necessarily reflect the views or policies of the funder, nor does mention of trade names, commercial products or organizations imply endorsement by the U.S. Department of Health and Human Services. This information is in the public domain. Readers are encouraged to copy portions of the text which are not the property of copyright holders and share them, but please credit the FRIENDS National Resource Center for CBCAP.

**FRIENDS National Resource Center for Community-Based Child Abuse Prevention (CBCAP) is a service of the United States Department of Health and Human Services, Administration for Children and Families, Children's Bureau. We are a federally mandated Training and Technical Assistance Provider for CBCAP lead agencies. The Parent Advisory Council is a way that this agency leads by example; creating avenues for Parent Engagement and Involvement is one way we do so. This Newsletter is a result of parents being supported in their efforts to bridge the way between parents and practitioners working together in effective partnerships.**

**Next Issue : We'd love to hear strategies for getting parents to conferences as participants and presenters. (Please share Newsletter with Parents)**

**We'd love to share your stories!**

Family Resource Information, Education, and Network Development Service (FRIENDS)  
National Resource for Community-Based Child Abuse Prevention

We're on the web

[www.friendsnrc.org](http://www.friendsnrc.org)

## FRIENDS NATIONAL RESOURCE CENTER INFO

### CBCAP Leads



I am pleased to inform you the 2010 CBCAP State Profiles have been posted on the FRIENDS website in the State Resources section at

<http://friendsnrc.org/state-resources/state-summaries>. Each profile, taken from the State's 2010 CBCAP Annual Report, contains information about that state's key activities and achievements, essential partnerships, systems change efforts, and funding and fiscal leveraging.

The State Resources section of the FRIENDS website also has each State's Annual Report as well as many state's prevention plans and their RFA/RFP's. Find out what other

states are doing in those area's by visiting <http://friendsnrc.org/state-resources> and clicking on a specific state or clicking on a topic.

I hope you find the information in the 2010 State Profile helpful and are able to use it in your efforts to educate others about your State's CBCAP program.

*Linda Baker*

### Join The Network For Action

The Preventing Child Maltreatment and Promoting Well-Being: Network for Action Project is sponsored by the Office on Child Abuse and Neglect (OCAN), at the Children's Bureau, Administration on Children, Youth and Families (ACYF), Administration for Children and Families (ACF), US Department of Health and Human Services (HHS); in collaboration with the Centers for Disease Control and Prevention (CDC), Division of Violence Pre-

vention's Knowledge to Action Child Maltreatment Prevention Consortium Leadership Group (K2A); and other national organizations and networks that support prevention efforts.

To join the conversations, visit <http://networkforaction.ning.com>. This social networking tool allows for ongoing collaboration among practitioners, academics, parent leaders, researchers, and other groups for the benefit of each Strategic Project and other related activities. This site was established by the FRIENDS National Resource Center as a service of the Children's Bureau. If you have any questions please contact Edi Winkle at: [ediwinkle@windstream.net](mailto:ediwinkle@windstream.net).

### FRIENDS NRC has a List Serve

Do you belong to the FRIENDS NRC list serve? If not go to [www.friendsnrc.org](http://www.friendsnrc.org) to join.