

Ty Ankrom's Here's What I Think ...

A session during this year's Viking Academy at Teays Valley has resulted in one of the Parent University workshops, a program to help parents address some real-world issues.



Parent University uses the Positive Parenting Program (Triple P), an "effective, evidence-based parenting program, backed up by more than 35 years of ongoing research," (<https://www.triplep.net/global/home/>).

Ashville Elementary hosted its first Parent University this month, with sessions geared for those with kindergarteners through fifth-graders.

The topics at the Nov. 14 University were Dealing with Disobedience and Bedtime Routines.

Deborah Hill, a facilitator for the program, said the goal of the program is to give parents practical strategies for dealing with everyday issues.

"The ideas strengthen their relationship and increase their confidence," Deborah said. "Triple P understands that parents sometimes need support. I love (it) because it is very family-friendly and parents have found it helpful."

Niki Shaner and Rebekah Radcliff, school counselor at Teays Valley's elementary schools, organized the event. Niki said the initial response has been good.

"Obviously, we didn't know what to expect," she said. "But we got about 20 parents for the two sessions and that was just from promoting it by word of mouth and on social media.

"That's 20 people who got information."

Deborah agreed that the first event was a success.

"The discussion was great and we got great feedback from parents that the strategies and information was helpful."

The next Parent University will take place at 5:30 p.m. Wednesday, Dec. 12, at Ashville Elementary.

The topics are Hassle-Free Shopping with Kids (Taking Your Kids in Public Without Losing Your

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Mind) and Managing Fighting & Anger. Each session is two hours.

"We're hoping to offer all four sessions again in 2019 because some parents expressed dismay at having to choose," Niki said.

The free program is available through a grant from the Ohio Children's Trust Fund and administered by Nationwide Children's.

Teays Valley's Key Club members provide free baby-sitting for attendees and the Ashville and Walnut PTO groups paid for pizza and beverages.

Niki said continuing education units are available for foster care providers who attend.

To register for the Dec. 12 event, interested adults should call their child's elementary school counselor by Dec. 5.

For more information about the district's Parent University offerings, go to www.tvdsd.us/TV-ParentUniversity.aspx.



Another resource that might be of value to caregivers is a video training series created by the Casey Foundation.

Coping with the Unique Challenges of Kinship Care is a resource for family caregivers and child welfare workers who support them.

The series has four modules: loss and ambivalence; guilt; hope and denial; and a video featuring questions from caregivers.

The series can be accessed at https://www.aecf.org/blog/training-series-coping-with-the-unique-challenges-of-kinship-care/?utm_source=eblast&utm_medium=email&utm_campaign=annie-e-news.

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