

## ORGANIZATIONAL SUPPORT

The Department of Family Services parenting programs change lives. They bring together families who want to learn better ways to raise their children, who want to learn how to be kinder and more respectful to each other.

You can be a part of this life-changing effort by providing meeting space, food, money and – most importantly – your time.



Fairfax County Department of Family Services  
Children, Youth and Families Division  
12011 Government Center Parkway  
Fairfax, Virginia 22035

**For information about how to support  
parenting education, call:  
703-324-7745; TTY 703-222-9452**

[www.fairfaxcounty.gov/dfs](http://www.fairfaxcounty.gov/dfs)

Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request this publication in alternate formats, please call 703-324-5870; TTY 703-222-9452.

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Together, we can make  
a difference that will last  
for generations.



How your organization can support

# Parenting Education in Fairfax County

FAIRFAX COUNTY  
DEPARTMENT OF FAMILY SERVICES

The parenting programs we use teach positive and effective ways parents can interact with their children at every age and stage of development. The focus is on the family – where children learn the values and beliefs that shape their futures. Parents and children learn together over several months. Volunteers provide an evening meal and child care for young children.

#### What do parents and children learn?

- Self-confidence.
- Alternatives to hitting, spanking and yelling.
- What to expect of children at different developmental stages.
- How to build strong, positive relationships among family members by increasing mutual understanding and respect.

#### Who may participate?

Any family living in Fairfax County who wants to build healthy interactions and create positive change within their family is eligible. Participants must agree to complete the program as a family and should be comfortable participating in a group learning environment. Classes, dinner and child care are free to participants.



The capacity to offer parenting education depends on community support. The program is free to participants and offers child care and an evening meal. Community volunteers make this possible.

#### Here is how your organization can help:

**PROVIDE FOOD** for 40 to 50 people. Approximately five volunteers are needed to prepare, serve and clean up from 4:30 to 7 p.m. Older teens are welcome to volunteer.

**PROVIDE CHILD CARE**, with assistance from our staff, for approximately six children who range in age from infant to four years old. Two or three volunteers are needed from 5:15 to 8 p.m. Older teens are welcome to volunteer.

#### OTHER WAYS TO HELP

- Volunteer to become trained to teach.
- Donate funds to help with the purchase of training materials, pay for child care or food.
- Sponsor or contribute to sponsoring a family throughout their participation in the program. The per family cost for a multi-week program is \$3,500.
- Provide site for parenting classes.

#### CONTACT US

For more information or to volunteer, please call 703-324-7745; TTY 703-222-9452 or e-mail [krissa.slone@fairfaxcounty.gov](mailto:krissa.slone@fairfaxcounty.gov).

**Thank you for supporting the Nurturing Parenting Program in our community.**

#### Parents with Children 21 sessions

(Newborn to 4 years old)

*Offered in English and Spanish*

Parents learn to recognize and understand feelings; nurturing parenting routines; alternatives to hitting; infant massage; child development; and ways to foster positive self-esteem in themselves and their children.

#### Parents with Children 13 sessions

(5 to 11 years old)

*Offered in English and Spanish*

Parents and children learn to increase their empathy; discover new ways to encourage appropriate behaviors; build self-concept and self-esteem; and learn how to have fun as a family.

#### Parents with Children:

##### African-American Focus 13 sessions

(5 to 11 years old)

*Offered in English*

Parents and children learn to increase their empathy; discover new ways to encourage appropriate behaviors; build self-concept and self-esteem; and learn how to have fun as a family. This curriculum also emphasizes how African-American history affects the current life process for African-Americans and includes topics such as the slave experience, transcending oppression and acculturation, spirituality and accessing resources.

#### Parents with Adolescents 12 sessions

(12 to 18 years old)

*Offered in English and Spanish*

Family members learn nurturing communication strategies; how to recognize each other's needs; how to understand the developmental stages of adolescence; and ways to build their own personal power, self-concept and self-esteem.

#### Good Touch/Bad Touch®

(Pre-K to 6th grade)

This is a child abuse prevention curriculum designed to teach children special skills they need to stay safe. It teaches children to prevent or interrupt sexual abuse, deal with bullies, effectively handle sad or angry feelings, and stay safe from strangers who may cause them harm.