



## Chicago Parent Program

**Developed with and for parents from diverse backgrounds, The Chicago Parent Program is respectful to parents' ideas and values.**

### **Five Qualities of the Chicago Parent Program**

1. The Chicago Parent Program was developed in collaboration with parents of young children to address those issues of greatest concern to parents.
2. The Chicago Parent Program is guided by a strong theory, supported by rigorous research, and listed on the [SAMHSA's National Registry](#) of Evidence-based Programs and Practices, the [California Evidence-based Clearinghouse for Child Welfare](#) and the [Clearinghouse for Military Family Readiness](#).
3. The Chicago Parent Program uses over 160 [video scenes](#) of parents raising children in the real world, managing challenging situations at home and in public. Group leaders use these scenes to help guide parent group discussions and problem-solve different ways to handle common parenting problems.
4. An underlying tenet of the Chicago Parent Program is that there is no one correct way to raise children, therefore, it is structured in a way that is respectful to parents' ideas and values.
5. Since 2002, the Chicago Parent Program has received outstanding evaluations from parents, educators, health care providers, and agency leaders. It is being used in agencies across the country including the Chicago Public Schools, Baltimore City Public Schools, Head Start, and mental health agencies in St. Louis.

### **How the Chicago Parent Program works**

The Chicago Parent Program is a 12-session group-based parenting program designed to strengthen parenting skills and communication and improve young children's behavior. The weekly 2-hour Chicago Parent Program sessions are delivered by trained group leaders guided by *The Chicago Parent Program Group Leader Manual (2nd edition)*. Parents learn during highly interactive group sessions using video examples of parents managing common but often challenging parenting situations at home and in public. Parents learn the strategies through group discussion and problem-solving, role play, and practice activities.

Topics covered throughout the 12 weeks include:

1. Child-centered time
2. Family routines and rituals

3. Praise and encouragement
4. Using rewards for challenging behaviors
5. Say what you mean and mean what you say
6. Threats and consequences
7. Ignore and distract
8. Using time-outs
9. Reducing your stress
10. Problem-solving
11. Putting it all together
12. Booster session

### **An Evidence-Based Program**

The Chicago Parent Program has been rigorously tested and shown to strengthen parenting and reduce behavior problems in young children. The efficacy of the Chicago Parent Program has been supported by numerous studies funded by the National Institutes of Health.

Results found that parents who participated in the program saw:

- Improvements in children's behavior problems up to one-year later based on parent-report and independent observation
- Decreases in parents' use of corporal punishment
- Increases in parents' consistency with discipline
- Increases in parenting self-efficacy or confidence
- Improvements in children's behavior in the classroom based on teachers' report of behavior problems

### **Chicago Parent Program Group Leader Training**

Chicago Parent Program group leader training is a 2-day workshop. Participants learn about the Chicago Parent Program principles, structure, and content and how to facilitate parent group sessions, including "hands-on" group leading experience. All participants complete a post-test at the end of the workshop.

Upon completion of the training, attendees will have learned:

- Key program principles and their importance in supporting children's development
- Theory and research supporting the effectiveness of The Chicago Parent Program
- Strategies for promoting positive parenting and strengthening parent-child relationships
- Effective strategies for leading Chicago Parent Program groups in your agency or organization

**More information [www.chicagoparentprogram.org](http://www.chicagoparentprogram.org)**