



Parents as Teachers

Provides a clearer understanding of how children grow and learn and the teaching and learning approaches used in CMSD.

Subject Matter:

- **Understanding Child Development and Psychology:** Learn how children grow and develop psychologically to better support their emotional and educational needs.
- **Supporting Academic Instruction:** Techniques and strategies for effectively helping your child succeed academically.
 - **Improving Reading, Math, and Scientific Skills:** Methods to enhance your child's abilities in core academic subjects.
 - **Assisting with Homework and Study Techniques:** Practical tips for helping children with homework and developing effective study habits.
 - **Understanding Standardized Tests:** Gain insights into standardized testing and how to prepare your child for these assessments.
- **Navigating Technology and Social Media:** Understand the impact of technology and social media on children and how to manage their use effectively.
- **Basics of Positive Discipline:** Explore positive discipline strategies to encourage good behavior and develop self-discipline in children.
- **Addressing Learning Difficulties and Special Needs:** Learn how to identify and support children with learning difficulties and special needs.
- **Enhancing Parent-Child Communication:** Improve communication skills to foster a better relationship with your child.

Parents as Advocates

Builds capacity to advocate for children, understand the standards and expectations for learning, and support learning at home.

Subject Matter:

- **College & Career Readiness:** Prepare your child for post-secondary education and career opportunities.
 - **College Admissions & Scholarships:** Information on navigating college admissions and securing scholarships.
 - **Financial Aid Strategies:** Strategies for obtaining financial aid to support your child's education.
 - **Guiding My Scholar Through College, Careers, Service, and Startups:** Support your child's journey through various post-secondary pathways.
 - **Parent/Scholar Exposure Trips:** Organize trips to colleges, workplaces, service organizations, along with college and career fairs to provide firsthand exposure and inspiration for future opportunities.
- **Understanding Educational Standards and Expectations:** Learn about the academic standards and expectations in your child's school.
- **Addressing and Preventing Bullying:** Strategies to identify, address, and prevent bullying in school.
- **Drug & Alcohol Awareness:** Educate yourself and your child about the dangers of drugs and alcohol.
- **Health, Safety, and Nutrition Concerns:** Learn about maintaining your child's health, safety, and nutritional well-being.
- **Adolescent Issues for Pre-Teens and Teens:** Address common issues faced by pre-teens and teenagers.
- **Mental Health & Wellness:** Support your child's mental health and overall well-being.
- **Strategies for Raising Siblings:** Techniques for managing relationships and conflicts between siblings.

Parents as Leaders

Helps parents build the skills necessary to assume leadership roles in schools and the community.

Subject Matter:

- **Developing Leadership Skills in Schools and Communities:** Learn how to take on leadership roles within schools and the broader community.
- **Strong Fathers Matter:** Empower fathers to take active and supportive roles in their children's lives.
- **Creating and Leading Effective Parent Support Groups:** Strategies for organizing and leading support groups for parents.
- **Parent and Child Vision Board Activities:** Use vision boards to set goals and plan together with your child.
- **Practicing Parent Mindfulness Exercises:** Incorporate mindfulness practices to improve your own and your child's well-being.
- **Managing Stress Effectively:** Learn techniques for managing stress in your personal and family life.
- **Positive Parenting Techniques:** Discover positive parenting methods to foster a supportive and nurturing home environment.
- **Fostering Emotional and Social Development:** Support your child's emotional and social growth.
- **Strengthening the Parent-Child Relationship:** Build a stronger, more positive relationship with your child.
- **Volunteering at My Child's School:** Learn about opportunities and benefits of volunteering at your child's school.

Parents are Learners

Provides parents with the opportunity to build upon their own skills for personal and professional growth.

Subject Matter:

- **Personal and Professional Growth Opportunities:** Explore opportunities for personal and career development.
- **Mastering Time Management:** Techniques to effectively manage your time and increase productivity.
- **Financial Literacy:** Learn essential financial skills, including budgeting, saving, and investing.
- **Building Emotional Intelligence:** Develop the ability to understand and manage your emotions and relationships.
- **Conflict Management and Resolution:** Strategies for effectively managing and resolving conflicts.
- **Enhancing Leadership Skills:** Build and refine leadership skills for personal and professional success.
- **Public Speaking and Communication:** Improve your communication and public speaking abilities.
- **Digital Literacy:** Gain essential skills for navigating and utilizing digital tools and resources.
- **Networking and Relationship Building:** Learn to build strong professional and personal networks.
- **Self-Care and Well-Being:** Techniques and strategies for maintaining physical and mental health.
- **Career Development and Planning:** Tools and resources for planning and advancing your career.