

Parenting/Support Services for Families

Encouraging and equipping men to effectively father the next generation.

Fatherhood classes at the Evelyn K Davis Center for Working Families are facilitated, peer-driven, small group format that will cover discipline, communication, formative relationships, father-mother partnership, physical and emotional development and social modeling.

- New Dads
- Divorced Dads
- Dads of Teenagers
- Dads of Young Children
- Formerly Incarcerated Dads
- Foster Care Dads
- Faith-based and Non Faith-based Dads
- Teen Dads
- Men in Fathering Roles

Sessions held on:

- Mondays: 5-7pm
- Tuesdays: 10am-12pm

Where:

Evelyn K. Davis Center
801 University Ave.
Des Moines, IA 50314

Questions?

Please call Keith Meeks at 515-339-1210 or dwpdsm@gmail.com.

The Parenting Program - YMCA of Greater Des Moines

Serving Polk County
NOW - June 30, 2020

The YMCA of Greater Des Moines offers the The Parenting Program designed to help strengthen parental skills and involvement of parents with their children. On-going weekly

classes are held for fatherhood, motherhood and co-parenting at Y locations including the John R. Grubb YMCA and the South Suburban YMCA. The classes offer support in such areas as health and nutrition, effective communication, being a positive role model, co-parenting, financial education and community resources.

For more information contact:

Ben Bell at ben.bell@dmymca.org

The Science of Parenting: ISU Extension

current research + a dose of reality = parenting success

Here at Science of Parenting, we believe in the power of parents who, when armed with trustworthy information, are better able to make decisions about what is best for their children and their family. Therefore, we offer parents access to current research around child-rearing so they can find the information when they need it most.

A FREE, ONLINE Resource for parenting information topics range from every parenting to skills needed to get through challenging moments:

<https://blogs.extension.iastate.edu/scienceofparenting/>

Parenting Way, Inc

Educating Parents through Trauma-Informed Classwork & Discussion

- TO REGISTER: Call: 515-255-9490
- Email: info@parentingway.org
- Online: www.parentingway.org

Check out the latest schedule of Parenting Way's class offerings throughout the Des Moines metro area [HERE](#)

DHS Child Care Assistance Program Changes

- Changes will become effective **July 1st!**
- **What is the Child Care Assistance Program?** Child Care Assistance (CCA) is a program available to the children of income-eligible parents who are absent for a portion of the day due to employment or participation in academic or vocational training or PROMISE JOBS activities. Assistance may also be available for a limited period of time to the children of a parent looking for employment.
- **What are the changes? The changes include:**
 - Moving from a 6-month to a 12-month certification period
 - Allowing for temporary changes in work, education and training activities
 - Allowing more time for job search activities for families currently receiving Child Care Assistance

- The new Child Care Assistance Plus (CCA Plus) Program
- A higher payment rate for QRS Level 5 child care providers

See more detail [HERE](#). Parents may access the video using the following link [HERE](#).

Early Childhood Toolkit Available

A new resource worth sharing! At long last the National Head Start Center on Parent, Family and Community Engagement has released a compilation of fifteen high quality tools fo use in tracking family progress toward their goals and the efforts of early care and education staff to help families advance toward those goals. This document is laid out nicely in regards to free tools vs. tools with a cost and offers links to the tools as well as instructions on interpretation. The .pdf is available at [this link](#).

Fatherhood Classes: Now Available at Evelyn K. Davis Center.

A Facilitated, Peer Driven, Small Group format that will cover discipline, communication, formative relationships, father-mother partnership, physical and emotional development and social modeling. Meals and Instructional Materials Provided. Please see [here](#) to learn more.

Sessions held on:

- Mondays: 5:00 PM - 7:00 PM
- Tuesdays: 10:00 AM - 12:00 PM
- Thursdays: 5:00 PM - 7:00 PM

FTDM/YTDM Questions/Responses

For facilitators of FTDM/YTDM - the [latest QA document!](#)

Mosaic Family Counseling Center

Steps to Emotion and Anger Management Group: Learn [here](#).

Natural Resources: Addressing Early Childhood Emotional and Behavioral Problems

According to recent reports (see below), more than 10% of young children have clinically significant mental health problems, but most receive no interventions for their disorder. Although often not recognized, young children experience mental health problems at rates similar to older children.

Improved access to care, more research identifying alternative models, adequate payment for providers, and improved education on evidence-based interventions are among the recommendations in the November 2016 American Academy of Pediatrics policy statement and technical report Addressing Early Childhood Emotional and Behavioral

Problems. The policy is available at <http://dx.doi.org/10.1542/peds.2016-3023> and the technical report at <http://dx.doi.org/10.1542/peds.2016-3025>; both will be published in the December issue of Pediatrics.

Early intervention and evidence-based family-focused therapies are key to helping young children with emotional and behavioral problems. The policy summarizes empirically supported approaches to mental health care for young children, describes barriers to interventions and proposes recommendations to enhance care.

Parenting resources

- 100 Tricks To Help You De-Stress - [Huffpost](#)
- Are You a Mom with ADHD, Raising a Child with ADHD? - [ADDitude](#)
- 5 Kid-Friendly Yoga Poses To Help Your Child Avoid A Meltdown - [mbgmovement](#)
- The Difference Between Tantrums and Sensory Meltdowns - [Understood](#)
- How To Prevent Sibling Fighting - [Aha! Parenting.com](#)
- The Opioid Crisis; Resources for building resilience in young children who have experienced trauma and maltreatment and their families - [Teaching Tolerance](#)
- Tips on Helping Your Child Build Relationships - Click [HERE](#)
- Children with shy or slow to warm up temperaments - Click [HERE](#)
- 10 Resources to Help Kids Handle Negative Emotions - Click [HERE](#)
- The Roots of STEM Success: Changing Early Learning Experiences to Build Lifelong Thinking Skills - Click [HERE](#)
- How to talk to kids about racism: An age-by-age guide [Click HERE](#)
- PICTURE BOOKS THAT TEACH KIDS TO COMBAT RACISM [Click HERE](#)
- The Difference Between Tantrums and Sensory Meltdowns [Click HERE](#)
- Seven Research-Based Ways that Families Promote Early Literacy [Click HERE](#)
- Why Kids Lie and How to Stop It Now [Click HERE](#)
- An infographic illustrating the seven evidence-based practices in [English](#) and in [Spanish](#)
- Self-Harming Behaviors: How you can help your child [Click HERE](#)
- Exploring the Link Between Childhood Curiosity and School Achievement [Click HERE](#)
- Free Prevention Print-Outs
 - [Safety Tips for School, Play & Every Day](#)
 - [Quick Guide to Internet Safety](#)
 - [... About Bullying](#)
 - [... About Drugs and Alcohol](#)
 - [Avoid Parental Abduction](#)
 - [Avoid Stranger Abduction](#)
 - [Runaway Warning Signs](#)
- Through play, children learn valuable skills they'll use for a lifetime. This website is a great source for play ideas that build on these skills, expert advice, and the latest research on the value of play. For example, check out the Age-by-Age Toy and Play Guide for ideas on how to playfully support learning and development in children from birth through 12 years. - [The Genius of Play](#)
- Leading Family Engagement in Early Learning: A Supplemental Guide : This 2018 guide from the Global Family Research Project (<https://globalfrp.org/>) examines best practices

for family engagement within a variety of spaces, from public libraries to schools. It includes a collection of free resources that thoughtfully offer evidence for culturally-responsive and effective ways to engage families. - click [here](#)

- Understanding the Intersection Between Cyberbullying and Trauma: In this webinar speakers focus on understanding the intersection between cyberbullying and trauma. This presentation was recorded in conjunction with National Bullying Awareness and Prevention Month. Click [here](#) to access
- Supporting Success for Young Children through Consistent School Attendance: A Free Toolkit - click [here](#)
- Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event - click [here](#)
- Sign of drug use - click [here](#)

Parenting Way Inc. Programs and Classes

Educating Parents through Trauma-Informed Classwork & Discussion

TO REGISTER: Call: 515-255-9490 Email: info@parentingway.org Online:

www.parentingway.org Flier can be downloaded [HERE](#)

- **Parent Education Classes in POLK County – Cost is \$10/class or \$75/all 10 classes if paid at First class. Cost can be adjusted according to ability to pay. **No one will be turned away for inability to pay.****

Parenting Way, West Des Moines, IA 1211 Vine Street Suite 2140 Parent Education Classroom

Tuesdays from 6-8 pm

Instructor: Ben Burke

Parenting Way, West Des Moines, IA 1211 Vine Street Suite 2140 Parent Education Classroom

Thursdays from 12:30-2:30 pm

Instructor: Wendy Ryan

- **Parent Education Classes in BOONE County – NO COST**

Des Moines Area Community College Campus (DMACC) 1125 Hancock Dr. Boone IA 50036

Classes begin in July

Instructor: Ben Burke

- **Parenting Way Family Support Groups - NO COST**

Grace Group- Adult, Youth & Children Groups

Grace United Methodist Church, Des Moines, IA 3700 Cottage Grove

Mondays from 6:00 to 7:30 pm

Group Conductor: Wendy Ryan

- **Parenting Way Children in Between (aka Children in the Middle) Classes in the Fifth Judicial Court District**

Parenting Way, West Des Moines, IA 1211 Vine Street Suite 2140 Parent Education Classroom

Includes: Adair, Adams, Clarke, Dallas, Decatur, Guthrie, Jasper, Lucas, Madison, Marion, Polk, Ringgold, Taylor, Union, Warren, Wayne

Serves Parents who are divorcing and/or separated

2nd and 4th Wednesdays of the month from 5:00 to 9:00 pm

Cost is \$50.00

Instructors: Corinne Grace & Ben Burke

- **Darkness 2 Light Child Sexual Abuse Prevention Training**

Provided for Parents, School Staff, and Community Members. This is for Adults only.

Please call to schedule this 2-hour training. **Cost is \$25.00** to cover materials and workbooks.

No charge for Parents attending any other Parenting Way Programs

Certified D2L Trainer & Presenter: Ben Burke

- **Anger Management Classes**

Parenting Way, West Des Moines, IA 1211 Vine Street Suite 2140 Parent Education Classroom

Provided for any Adult referred by service providers, court-ordered or self-referral.

Four Classes at 3 hours each. Must have a minimum of four students to hold Classes.

Cost is \$120.00

Certified Instructor: Ben Burke

- **School-Based Parent Education Programs**

A six-week parenting class focused on Parent Involvement at School and Home

Recovery Court is offering to mother's who have an open DHS case and a substance abuse problem. See the [flier](#) for the detail

EveryStep

Parents, not sure where to begin on your back to school list? Click [HERE](#) to see the health screening and immunization guidelines for Back to School Readiness. It includes EveryStep as a referral for those needing help connecting to health coverage or locating a doctor or dentist!

PRAMS News (Pregnancy Risk Monitoring System)

The Pregnancy Risk Assessment Monitoring System (PRAMS) is a surveillance project that collects state-specific, population-based data on maternal attitudes and experiences before, during, and shortly after pregnancy. PRAMS data can be used to identify groups of women and infants at high risk for health problems, to monitor changes in health status, and to measure progress towards goals in improving the health of mothers and babies