Developing Engaging Programs for Parents and Families

January 23, 2019
Presenters

- **Danny Martinez** (Moderator), Senior Technical Assistance Consultant, Illinois Quality Afterschool at AIR

- **East Aurora School District 131**
  - **Alfred Morales**, Parent and Community Involvement Coordinator
  - **Noemi Vargas**, 21st CCLC Program Facilitator
  - **Sandy Diaz**, Parent Engagement Specialist
Session Outcomes

• Gain knowledge about different types of parent workshops
• Implement effective outreach strategies
• Learn how to utilize feedback provided by parents, district administrators, and community leaders to develop engaging programs
Number of Sites

- 9 Elementary Schools
- 3 Middle Schools
- 1 High School

Number of Students Served

- ~1,100 students for the past 4 years

Number of Staff

- ~120 staff hired
Parent Café

Parent Cafés engage parents in meaningful conversations about what matters most — their family and how to strengthen that family by building protective factors.
Parent Café

https://origin.il-fss.org/stories/east-aurora131/
Parent Café

Relationship building among parents is the heart of the Parent Café, and *positive social connections* is one of the protective factors that’s explicitly taught through the Parent Café.
Parent Café Agreements

1. Speak from your own experience
2. Listen attentively
3. No judgments, positive or negative
4. Do not give advice
5. Confidentiality
6. Turn your cell phone off (or silence it)
The Five Protective Factors

1. **Resilience** - Being Strong and Flexible.


3. **Knowledge** of Parenting and Child Development - Being a great parent is part natural and part learned.

4. **Support** - Everybody needs help sometimes.

Taking Care of Yourself

Resilience
One-on-One

1. Who are you? (Name, City, Program, etc.)
2. Who is in your family?
3. How do you recharge your batteries?
Implement Effective Outreach Strategies

- Create a welcoming environment
- Have conversations with parents and families
  - Parent Focus Groups
- Build relationships
Implement Effective Outreach Strategies

• Respond by:
  – Building the right team
  – Identifying staff
  – Complementing with outside resources
Measuring Effectiveness: Feedback Is Important

- Meet with community leaders
- Survey parents
- Present information at school board meetings
Workshops Offered at School District 131 are Evidence- and Research-based Programs
Implement Effective Outreach Strategies

• Build capacity
• Train staff
  – After school or on weekends
• Sustainability/Funding
  – Utilize resources within school district
  – Partner with community
  – Bring guest speakers
Successful Programs

• Communication with parents
  – Spanish and English languages
• Offer childcare
• Build relationships with school personnel
• Recognize and acknowledge parents’ participation
Cooking Matters for Families

Cooking Matters for Families is a six-week course. Families take part in a series of hands-on cooking and nutrition classes that will help improve families’ skills at planning and preparing tasty, healthy, low-cost meals – with the help of the whole family.
Cooking Matters Weekly Lessons

- Lesson 1: Cooking Side by Side
- Lesson 2: Try It, You’ll Like It!
- Lesson 3: Healthy Starts at Home
- Lesson 4: The Power of Planning
- Lesson 5: Active Families
- Lesson 6: Celebrating Our Success
Cooking Matters for Families
Cooking Matters for Families
Parent Academy

Parent Academy workshops promote parental involvement and the enhancement of student achievement. The Parent Cafés educate parents about the research-based protective factors that keep families strong so that they can take responsibility for living these protective factors in their families.
Parent Academy Classes

- Technology
- Financial Wellness
- Prepping and Planning for Post-Secondary Options
- Parenting 101
- ESL Conversational English
Parent Academy
Road to College

Road to College was a free, bilingual workshop where parents and students received valuable information about preparing, planning, and paying for college education.
Road to College

WORKSHOPS FOR PARENTS AND STUDENTS
Do You Have a Plan for College?

We invite you to attend Road to College, a free and bilingual workshop where you will receive valuable information about how to prepare, plan, and pay for a college education!

Road to College sessions will cover:
- Preparing and paying for college
- Applying for scholarships
- Researching additional financial aid

Light food and refreshments will be provided.

Space is limited. All participants must register and arrive on time to ensure admittance.

Register now at:
https://www.eventbrite.com/e/road-to-college-event-tickets-9224716375

WEDNESDAY, NOVEMBER 8
5PM-8PM

ADDRESS
EAST AURORA HIGH SCHOOL
500 TOMCAT LANE
AURORA, IL 60505

FREE PARKING
Road to College
Additional Family Engagement

The Honorable Judge Rene Cruz presenting on the “Worries of the World Wide Web”

“El Sistema” Concert

University of Illinois at Chicago Tour and Basketball Game
East Aurora School District 131 and Friends of Aurora’s After-School Programs (FAAP) invite you to attend:

Brady and Gates Elementary Schools Family Library Night

at the

Aurora Public Library (101 S. River St)
Thursday, January 24th, 2019, 6:00-7:00

Join us for an evening of reading and fun! Learn about all the free fun the library has to offer for the whole family.

- Refreshments
- Family Photo Booth
- Play and learn area for preschoolers
- Free sight word flash cards
- Sign up for a free library card
- Check out books, DVD’s, music, video games
- Dr. Seuss craft for students K-5
In the Near Future at School District 131...

- Train more staff, including college staff
- Offer professional development in other topics (example: Positive Discipline)
- Create leadership programs for parents
Positive Discipline

- What does the word discipline mean to you?
- How were you disciplined by your parents (or bosses, teachers, etc.)?
- How did you feel when you were disciplined?
- What did you think of that person?
- What did you think of yourself?
- Did it work? Did you change when this happened (improve or get worse)?
Questions?
Contacts

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- Noemi Vargas, nvargas01@d131.org
Resource Database

http://iqa.airprojects.org/resource-database/
Connect with us on Facebook!

https://www.facebook.com/groups/IQA.SEDL/