Parenting Wisely

Program Description- Parenting Wisely is a highly interactive parenting course designed by family and social scientists to equip parents with the tools necessary to engage their children in difficult family scenarios. Parents would learn constructive skills proven to lessen drug and alcohol abuse in youth, school and homework problems, delinquency and other problem behaviors, family conflict, and more. It holds the distinction of being the only online parent education course for families that is currently listed on the U.S. Department of Health and Human Services National Registry for Evidence-based Programs and Practices.

Program Requirements-

Time: 3-5 hours to complete the course. Sign up includes 24/7 Access for 6 months as well as a certificate upon completion.

Age: Parents of children 13+

Commitment: Each parent must finish the course over a maximum of 6 months.

Participants: Parents are taken through the course one question at a time. The participant watches a video with a common family scenario and is given choices on how they would handle that situation. At the end of each chapter there is a small quiz. The site includes parent forums as well as a take home guide for future reference.

Goals- The goal of Parenting Wisely is to equip parents with the skills they need to improve family interactions. Parenting Wisely is evidence-based and has been proven to reduce teen alcohol and drug use, aggressive behaviors, and improve overall family communication.

Objectives- Each chapter explores scenarios to improve parenting skills in all situations. Some of the chapters include...

1. Helping children to do housework
2. Loud music, chores incomplete
3. Helping children do better in school
4. Sharing the computer
5. Curfew
6. Sibling conflict
7. Step parenting
8. Getting up on time
9. School, homework, friends
10. Finding drugs

***Also available in Spanish**