

Family Strong in Alabama

(Strengthening Families Implementation Program)

Our Monthly Focus is Knowledge of Parenting and Child Development

Definition:

YOU are the first teacher to your child and you play a huge role in their success in school for the rest of their time in school. This means you need to learn about what is normal development and what is the best for your child.

Why It is Important:

Children go through many stages of development. Informed parents are more likely to have realistic expectations, provide appropriate guidance, and build positive relationships with their child. Being a great parent is part natural and part learned. Parent education makes your family strong.

What It Looks Like:

When you are strong in knowledge, you will be confident in parenting. This means understanding development and also what is appropriate expectations. Your child will change quickly and the only way for you to keep up is to become an "expert" of your child

Activities to Do at Home:

- Talk with your teachers about GOLD and ASQ-3. This will give you a good picture of where your child is in development
- Volunteer in your child's classroom, you will be surprised how different 18 children can be but also how similar
- Ask your child's teacher for resources that support the curriculum being used in the classroom
- Ask your child's teacher if you can check out books to read with your child
- Find parenting trainings and attend, bring back the information to share with your child's class.