

## MISSION STATEMENT

Catholic Charities in the Diocese of Rockford continues the ministry of Jesus in faithfulness to the Magisterium of the Church.

Our mission is to serve God for the common good with compassion, dignity and respect; to assist people in achieving a degree of independence consonant with their human dignity; and to work in solidarity with the Church and other people of good will advocating for justice.



## Catholic Charities Diocese of Rockford

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**A United Way Agency**



# Parent Education Services



Catholic Charities is dedicated to positively influencing all aspects of individual, parental, and family needs. It is our philosophy that through such support we will positively impact the current and future lives of children and their families. All programs are non-denominational.

These programs are offered to anyone who is expecting to become a parent, is currently pregnant, or who has a child between the ages of birth to eighteen.

The following group sessions are offered:

### **PRENATAL PREPARATION**

An eight-week course which is focused toward future parents.



Topics include, but are not limited to:

- Deciding to become parents
- 1st—3rd trimester development
- Labor and delivery
- Time and stress management
- Child-proofing your home
- Breast-feeding versus bottle feeding.



### **PARENT EDUCATION**

An eight-week class for parents using the STEP (Systematic Training for Effective Parenting) program.

Topics include, but are not limited to:

- Development
- Child care decisions
- Time and stress management
- Child-proofing your house
- Parenting styles
- Birth order
- Understanding behavior
- Communication
- Rules and discipline
- Building self-esteem

### **LOVE AND LOGIC**

An eight-week class that goes beyond the basics of the Parent Education classes and looks at topics in a more in-depth fashion. Some of the topics include:

- Giving choices
- Setting limits
- Consequences versus punishment



### **ACTIVITY DAYS**

Monthly theme-focused activity groups are designed to work on positive parent/child interaction and give parents the opportunity to meet other parents with young children. Some activities include:

- Songs
- Story time
- Simple crafts
- Other age-appropriate activities

