

# The Chicago Parent Program Experience It!



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# Objectives

As a result of participating in this session, participants will:

1. Describe the structure and components of the CPP
2. Summarize the benefits of the facilitation model.
3. Identify techniques that allow parents to enact program principles.

# Purpose of the Chicago Parent Program (CPP)

- Enhance parenting practices
  - Clear communication
- Reduce child behavior problems
- Meet the needs of diverse parents

# What's special about the CPP?

- Developed in collaboration with a parent advisory board
- Real parents in real life situations
- Strategies & principles supported by research
- Guided by strong theory
- Structured in a way that is respectful to parent's ideas & values

# Theory

- Parents unknowingly reinforce misbehavior in their children
- Children unknowingly reinforce punitive or inconsistent discipline in their parents
- CPP's overarching principle:

**If you want to see a behavior again,  
give it your attention!**

# Evidence

- Increased parent confidence
- More likely to follow through on discipline
- Decreased reliance on corporal punishment
- Children had fewer behavior problems

# CPP Structure

- 12 2-hour long sessions
  - 11 weekly sessions
  - Booster session, 4-8 weeks after session 11
- Led by two trained group leaders
- Small group format held on site at child-care setting
  - Refreshments & child-care
- Program begins with child-centered time and increasing positive behaviors in children
  - Discipline is the second unit

# CPP Components

- Video scenes & narration
- Group leader manual
- Weekly group discussion
- Practice assignments
- Weekly handouts
- Weekly evaluation
- Role play & group activities



# UNIT ONE

## The Value of Your Attention

Part 1: Child-Centered Time

Part 2: Family Routines and Traditions

Part 3: Praise and Encouragement

Part 4: Using Rewards for Challenging



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# UNIT TWO

## Using Your Authority Wisely

Part 1: Say What You Mean and Mean  
What You Say

Part 2: Threats and Consequences

Part 3: Ignore and Distract

Part 4: Using Time-Outs

# UNIT THREE

## Managing Your Stress

Part 1: Reducing Your Stress

Part 2: Problem-Solving



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# UNIT FOUR

## Sticking with the Program

Part 1: Putting It All Together

Part 2: Booster Session



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# Group Leader

- Help parents learn the program content while still respecting their individual goals and philosophy
- Work with parents to identify how program principles can be effective with their children
- Parents are the experts about their own children
- Group leaders are facilitators not teachers

# Facilitation Model

- Actively engages all parents in the discussion
- Actively listens when a parent is talking
- Communicates with all parents in a respectful, positive, and non-judgmental manner
- Appropriately reinforces parents' ideas and opinions
- Correctly conveys/communicates program principles

# Facilitation Model

- Communicates to parents that they are experts about their own children
- Facilitates problem-solving
- Facilitates sharing of ideas among parents
- Does not impose his/her own ideas on parents
- Effectively responds when parents are resistant to new strategies or ideas
- Effectively manages challenging behavior from parents in the group

# Facilitation Model

- Maintains a good pace for group discussion
- Effectively uses role-play/group activity to teach a principle or strategy
- Builds on parents' knowledge by incorporating strategies discussed in previous sessions into this session
- Helps parents anticipate challenges using the new skills at home



# Adhering to Structure

- Begin and end the group on time
- Post the ground rules
- Review the agenda
- Watch all vignettes
- Facilitate discussion
- Role-play
- Distribute and discuss summary of important points and handouts

# Enacting Principles

- Read the Summary of Important Points
  - Post in a prominent place
- Read handouts
- Spend at least 15 minutes of child-centered time with child every day of this week
- Practice
  - Complete and turn in Practice Checklist