



Domain 1: Parents as Teachers

Provides a clearer understanding of how children grow and learn and the teaching and learning approaches used in CMSD.

Subject Matter:

- **Understanding Child Development and Psychology:** Learn how children grow and develop psychologically to better support their emotional and educational needs.
- **Supporting Academic Instruction:** Techniques and strategies for effectively helping your child succeed academically.
 - **Improving Reading, Math, and Scientific Skills:** Methods to enhance your child’s abilities in core academic subjects.
 - **Assisting with Homework and Study Techniques:** Practical tips for helping children with homework and developing effective study habits.
 - **Understanding Standardized Tests:** Gain insights into standardized testing and how to prepare your child for these assessments.
- **Navigating Technology and Social Media:** Understand the impact of technology and social media on children and how to manage their use effectively.
- **Basics of Positive Discipline:** Explore positive discipline strategies to encourage good behavior and develop self-discipline in children.
- **Addressing Learning Difficulties and Special Needs:** Learn how to identify and support children with learning difficulties and special needs.
- **Enhancing Parent-Child Communication:** Improve communication skills to foster a better relationship with your child.

Domain 2: Parents as Advocates

Builds capacity to advocate for children, understand the standards and expectations for learning, and support learning at home.

Subject Matter:

- **College & Career Readiness:** Prepare your child for post-secondary education and career opportunities.
 - **College Admissions & Scholarships:** Information on navigating college admissions and securing scholarships.
 - **Financial Aid Strategies:** Strategies for obtaining financial aid to support your child’s education.
 - **Guiding My Scholar Through College, Careers, Service, and Startups:** Support your child’s journey through various post-secondary pathways.
 - **Parent/Scholar Exposure Trips:** Organize trips to colleges, workplaces, service organizations, along with college and career fairs to provide firsthand exposure and inspiration for future opportunities.
- **Understanding Educational Standards and Expectations:** Learn about the academic standards and expectations in your child’s school.
- **Addressing and Preventing Bullying:** Strategies to identify, address, and prevent bullying in school.
- **Drug & Alcohol Awareness:** Educate yourself and your child about the dangers of drugs and alcohol.
- **Health, Safety, and Nutrition Concerns:** Learn about maintaining your child’s health, safety, and nutritional well-being.
- **Adolescent Issues for Pre-Teens and Teens:** Address common issues faced by pre-teens and teenagers.
- **Mental Health & Wellness:** Support your child’s mental health and overall well-being.
- **Strategies for Raising Siblings:** Techniques for managing relationships and conflicts between siblings.

Domain 3: Parents as Leaders

Helps parents build the skills necessary to assume leadership roles in schools and the community.

Subject Matter:

- **Developing Leadership Skills in Schools and Communities:** Learn how to take on leadership roles within schools and the broader community.
- **Strong Fathers Matter:** Empower fathers to take active and supportive roles in their children’s lives.
- **Creating and Leading Effective Parent Support Groups:** Strategies for organizing and leading support groups for parents.
- **Parent and Child Vision Board Activities:** Use vision boards to set goals and plan together with your child.
- **Practicing Parent Mindfulness Exercises:** Incorporate mindfulness practices to improve your own and your child’s well-being.
- **Managing Stress Effectively:** Learn techniques for managing stress in your personal and family life.
- **Positive Parenting Techniques:** Discover positive parenting methods to foster a supportive and nurturing home environment.
- **Fostering Emotional and Social Development:** Support your child’s emotional and social growth.
- **Strengthening the Parent-Child Relationship:** Build a stronger, more positive relationship with your child.
- **Volunteering at My Child’s School:** Learn about opportunities and benefits of volunteering at your child’s school.

Domain 4: Parents are Learners

Provides parents with the opportunity to build upon their own skills for personal and professional growth.

Subject Matter:

- **Personal and Professional Growth Opportunities:** Explore opportunities for personal and career development.
- **Mastering Time Management:** Techniques to effectively manage your time and increase productivity.
- **Financial Literacy:** Learn essential financial skills, including budgeting, saving, and investing.
- **Building Emotional Intelligence:** Develop the ability to understand and manage your emotions and relationships.
- **Conflict Management and Resolution:** Strategies for effectively managing and resolving conflicts.
- **Enhancing Leadership Skills:** Build and refine leadership skills for personal and professional success.
- **Public Speaking and Communication:** Improve your communication and public speaking abilities.
- **Digital Literacy:** Gain essential skills for navigating and utilizing digital tools and resources.
- **Networking and Relationship Building:** Learn to build strong professional and personal networks.
- **Self-Care and Well-Being:** Techniques and strategies for maintaining physical and mental health.
- **Career Development and Planning:** Tools and resources for planning and advancing your career.

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