

Essential Parent Information/Training

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This list was designed to provide programs with a quick “at-a-glance” resource for areas and topics for which - by requirement or best practice - parents should receive information and/or have opportunities to provide input. Many of these areas may not necessarily require formal training, but parents should be informed about them and should be given opportunities to discuss and familiarize themselves with them. Programs also need to consider their state and local child care licensing requirements and other local agency requirements to determine additional information or training that is essential for parents.

Early Childhood Development and Health Services

Child Health and Developmental Services

1304.20(c)(2) Grantee and delegate agencies *must provide assistance to the parents* as needed, to enable them to learn how to obtain any prescribed medications, aids or equipment for medical and dental conditions.

1304.20(e)(2) *Familiarize parents* with the use and rationale for all health and developmental procedures administered through the program or by contract or agreement; agencies must also ensure that the results of diagnostic and treatment procedures and ongoing care are shared with and understood by the parents.

1304.20(e)(3) *Talk with parents about* how to familiarize their children in a developmentally appropriate way and in advance about all of the procedures they will receive while enrolled in the program.

1304.20(e)(4) *Assist parents to enroll* and participate in a system of on-going family and health care and encourage parents to be active partners in their children’s health care process.

Education and Early Childhood Development

1304.21(a)(2)(ii) *Parents must be provided opportunities* to increase their child observation skills and to share assessments with the staff that will help plan the learning experiences.

1304.21(a)(6) In home-based settings, grantee and delegate agencies must *encourage parents to appreciate* the importance of physical development, provide opportunities for children’s outdoor and indoor active play, and guide children in the safe use of equipment and materials.

Child Health and Safety

1304.22(d)(1) Ensure that staff and *volunteers can demonstrate* safety practices.

1304.22(d)(2) *Foster safety awareness* among children and *parents* by incorporating it into child and parent activities.

Child Nutrition

1304.23(d) *Parent education activities must include* opportunities to assist individual families with food preparation and nutritional skills.

Child Mental Health

1304.24(a)(1) Grantee and delegate agencies must work *collaboratively with parents for issues related to parent education* by:

- (i) *Soliciting parental information*, observations and concerns about their child's mental health;
- (ii) Sharing staff observations of their child and discussing and *anticipating with parents* their child's behavior and development, including separation and attachment issues;
- (iii) *Discussing and identifying with parents appropriate* responses to their child's behaviors;
- (iv) *Discussing how to strengthen* nurturing, supportive environments and relationships in the home and at the program;
- (v) *Helping parents* to better understand mental health issues.

1304.24(a)(3) Mental health program services must include a regular schedule of on-going mental health consultation involving the mental health professional, program staff, and parents on how to:

- (i) Promote children's mental wellness by providing group and individual staff and *parent education* on mental health issues.

Family and Community Partnerships

Family Partnerships

1304.40(b)(1)(ii) Education and other appropriate interventions, including *opportunities for parents to participate* in counseling programs or to receive information on mental health issues that place families at risk, such as substance abuse, child abuse and neglect, and domestic violence; and

1304.40(b)(1)(iii) *Opportunities for continuing education* and employment training and other employment services through formal and informal networks in the community.

1304.40(c) Services to pregnant women who are enrolled in programs serving pregnant women, infants, and toddlers.

- (2) Grantee and delegate agencies *must provide pregnant women* and other family members as appropriate, *with prenatal education in fetal development* (including risks from smoking and alcohol), labor and delivery, and postpartum recovery (including maternal depression).
- (3) Grantee and delegate agencies *must provide information on the benefits of breastfeeding* to all pregnant and nursing

1304.40(d)(1) Grantee and delegate agencies *must provide parent involvement* and education activities that are responsive to the parents, both as individuals and as members of a group.

1304.40(e)(3) Grantee and delegate agencies *must provide opportunities for parents* to enhance their parenting skills, knowledge, and understanding of the educational and developmental needs and activities of their children and to share concerns about their children with program staff.

1304.40(e)(4) Grantee and delegate agencies *must provide, either directly or through referrals* to other local agencies, opportunities for children and families to participate in family literacy services. (See more on family literacy below)

The Improving Head Start for School Readiness Act of 2007 defines family literacy as follows: The term "family literacy services" means services that are of sufficient intensity in terms of hours, and of sufficient duration, to *make sustainable changes in a family*, and that integrate all of the following activities:

- (A) Interactive literacy activities between parents and their children.
- (B) Training for parents regarding how to be the primary teacher for their children and full partners in the education of their children.
- (C) Parent literacy training that leads to economic self-sufficiency and financial literacy.
- (D) An age-appropriate education to prepare children for success in school and life experiences.

1304.40(f)(1) Grantee and delegate agencies *must provide medical, dental, nutrition, and mental health education programs for program staff, parents and families.*

1304.40(h)(2) Staff must work to *prepare parents to become their children's advocate* through transition periods by providing that, at a minimum, a staff-parent meeting is held toward the end of the child's participation in the program to enable parents to understand the child's progress while enrolled in Early Head Start or Head Start.

1304.40(h)(3)(I) *Provide education and training to parents* to prepare them to exercise their rights and responsibilities concerning the education of their children in the school setting.

The Improving Head Start for School Readiness Act of 2007 – Section 642(b):

(4) Offer (directly or through referral to local entities, such as entities carrying out Even Start programs under subpart 3 of part B of title I of the Elementary and Secondary Education Act of 1965 (20 U.S.C. 6381 et seq.), public and school libraries, and entities carrying out family support programs) to such parents-

- (A) family literacy services; and
- (B) *parenting skills training*.

(5) *Offer to parents* of participating children substance abuse counseling (either directly or through referral to local entities), if needed, including information on the effect of drug exposure on infants and fetal alcohol syndrome.

(6) At the option of such agency, offer (directly or through referral to local entities) to such parents-

- (A) *training in basic child development* (including cognitive, social, and emotional development);
- (B) *assistance* in developing literacy and communication skills;
- (C) *opportunities to share experiences* with other parents (including parent-mentor relationships);
- (D) health services, including *information on* maternal depression;
- (E) regular in-home visitation; or
- (F) *any other activity* designed to help such *parents become full partners* in the education of their children

(10)(A) *Inform custodial parents* in single-parent families that participate in programs, activities, or services carried out or provided under this subchapter about the availability of child support services for purposes of establishing paternity and acquiring child support.

(11) *Provide to parents* of limited English proficient children outreach and information, in an understandable and uniform format and, to the extent practicable, in a language that the parents can understand.

(12) *Provide technical and other support* needed to enable parents and community residents to secure, on their own behalf, available assistance from public and private sources.

(13) Promote the continued involvement of the parents (including foster parents, grandparents, and kinship caregivers, as appropriate) of children that participate in Head Start programs in the education of their children upon transition of their children to school, by working with the local educational agency

- (A) *to provide training to the parents* -
 - (i) to inform the parents about their rights and responsibilities concerning the education of their children; and
 - (ii) to enable the parents-
 - (I) to understand and work with schools in order to communicate with teachers and other school personnel;
 - (II) to support the schoolwork of their children; and
 - (III) to participate as appropriate in decisions relating to the education of their children; and
- (B) to take other actions, as appropriate and feasible, to support the active involvement of the parents with schools, school personnel, and school-related organizations.

Program Design and Management

Human Resources Management

1304-52(k)(1) Grantee and delegate agencies *must provide an orientation* to all new staff, consultants and *volunteers* that includes, at a minimum, the goals and underlying philosophy of Early Head Start and/or Head Start and the ways in which they are implemented by the program.

1304-52(k)(4) Grantee and delegate agencies *must provide training or orientation* to Early Head Start and Head Start governing body members. Agencies must also provide orientation and on-going training to Early Head Start and Head Start Policy Council and Policy Committee members to enable them to carry out their program governance responsibilities effectively.

The Improving Head Start for School Readiness Act of 2007 – Section 642(3)

TRAINING AND TECHNICAL ASSISTANCE- *Appropriate training and technical assistance shall be provided* to the members of the governing body and the policy council to ensure that the members understand the information the members receive and can effectively oversee and participate in the programs of the Head Start agency.

Head Start Transportation: Safety Education

1310.21 (a) Each agency *must provide training for parents* and children in pedestrian safety. Training provided to parents and children must emphasize the need for an adult to accompany a preschool child while crossing the street. The required transportation and pedestrian safety education of children and parents, except for the bus evacuation drills required by paragraph (d) of this section must be provided within the first 30 days of the program year. (Review 1310.21[d] and 1310.21[b][5])

1310.21(c) Each agency providing transportation services *must provide training for parents that:*

- (1) emphasizes the importance of escorting their children to the vehicle stop and the importance of reinforcing the training provided to children regarding vehicle safety; and
- (2) complements the training provided to their children so that safety practices can be reinforced both in Head Start and at home by the parent.

Child Outcomes (Best Practice)

Provide training and information to families about the Head Start child outcomes initiative. Provide the Governing Body (which may have parents on it) and the Policy Council (which will have parents on it) information on child outcome data that describes patterns of accomplishments for groups of children.

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