



Parent Education 101



Parenting is arguably one of the most important job. It can also be one challenging job. All parents want the best for their children, but keeping up with the latest parenting research can feel like an impossible task. Parenting education is all about giving parents the support they need (and deserve!) to be the best parents they can be. Try a parenting class!

In Marion County the Marion & Polk Early Learning Hub and in Polk County Mid-Valley Parenting are "go-to" places for parenting resources, family activities and parenting education classes. Visit the websites to learn more about parent education and find classes near you!

-- Marion County --

-- Polk County --



What is Parenting Education?

Parenting education comes in many forms, including resources, family activities and evidence-based parenting classes. Evidence-based classes are a great way to expand your parenting toolbox, learn about child development, share parenting strategies and build connections with other families.

How does my family benefit from parenting education?

Parenting education provides a chance to:

- Expand your knowledge of up-to-date research-based parenting strategies;
- Connect with other parents to share and learn from one another;
- Learn strategies to support optimal health and wellbeing for your child;
- Promote your child's early learning and school readiness, learn about resources for families in your community, ask questions, and more!



Who offers Parenting Classes?

- Local school districts, including Salem-Keizer, Woodburn, Gervais, and others.
- Head Starts, such as Family Building Blocks, Oregon Child Development Coalition, and Salem-Keizer Head Start
- Faith-Based organizations such as Morningside United Methodist and Las Naciones United Methodist Church

- Other non-profits (i.e. Salem-Keizer Coalition for Equality and Voz Hispana Cambio Comunitario)

Visit the [Marion & Polk Early Learning Hub](#) and [Mid-Valley Parenting](#) websites to find a class!

For more articles like this see

-- Oregon Parenting Together --

Upcoming Parenting Classes

Make Parenting a Pleasure *(English)*

Salem Family YMCA
685 Court St NW
Salem, Oregon
Every Wed., Sept. 20 to Nov. 22
5:30-8:00pm
Call (503) 877-7894 to register

Incredible Years *(English & Spanish)*

Mary Eyre Elementary
4868 Buffalo Drive SE
Salem, Oregon
Every Tues., for 14 weeks
October 10-Jan. 9, 2018
5:00-7:00pm
Call (503) 399-3311 to register



Incredible Years *(Spanish)*

Las Naciones United Methodist Church
820 Jefferson St NE
Salem, Oregon
Every Wed., Sept. 13- Dec. 13
9:30-12:00pm
Call (503) 390-3400 to register

Make Parenting a Pleasure *(English)*

Chelsea's Place
2425 Lancaster Dr NE
Salem, Oregon
Every Thurs., Sept. 21 to Dec. 14
6:00-8:00pm
Call (503) 877-8355 to register

Incredible Years *(English)*

Highland Elementary
503 Highland Ave NE
Salem, Oregon
Monday's 6:00-8:00pm
Series 1: Oct. 16-Nov. 27
Series 2: Feb. 5-Mar. 19
October 10-Jan. 9, 2018
6:00-8:00pm
Call (503) 399-3155 to register

Mind in the Making *(English)*

Salem Health- Building B
Basement, Classroom
665 Winter St SE
Salem, Oregon
Every Tues., Oct. 17 to Dec. 12
6:30-8:30pm
Call (503) 814-2432 to register

**For Parenting Classes in Polk
County visit [Mid-Valley Parenting](#)**

**To register for these classes and
to find more visit our [calendar!](#)**



Blog of the Month

I think that when parents see the words “parenting class” or “parenting education” they think “Oh, somebody got in trouble” or “Oh great, another person trying to tell me how I should raise my kid”. With this post, I’m hoping to dispel that notion and encourage every parent to explore the parenting education opportunities in their community.

-- Read More --

Vroom Brain building moments

Do you want fun easy activities that help your child learn? Download the **FREE** Vroom smartphone app for activities and learn the science behind early brain development. Available in English and Spanish.

Search for the Daily Vroom app in the iTunes, Google Play or Amazon Fire stores.

OR

Sign up for weekly brain building text message by texting CHILD to 48258.

Vroom Tip

At bedtime, take turns with your child listing off things you're thankful for. Here's an easy one to start with: "I'm thankful for you!" Then, help your child think of something they are thankful in their lives. See how many times you can go back and forth.

[More Vroom Tips](#)