



## Instead of Googling, try a Parenting Education Class!



Parenting is one of the most important jobs there is. It is also one of the most rewarding and challenging jobs! All parents want the best for their children, but keeping up with the latest parenting research can feel like an impossible task. If you Google "parenting," nearly 6 million results pop up. Who has time to sort through these results when your child is teething for the first time, throwing temper tantrum, or entering a new phase?

Parenting education is all about giving parents the support they need (and deserve) to be the best parents they can be. Most parents have access to birthing classes through hospitals or clinics to prepare for a new addition to the family, but after bringing a new baby home or adopting a child, parent education can be hard to find.



### What is Parenting Education?

Parenting education comes in many forms, including resources,

family activities, and evidence-based parenting education classes. Evidence-based classes are a great way to expand your parenting toolbox and build connections with other families. Classes are an opportunity to learn about child development ("Is my child's behavior normal?"), share parenting strategies ("What do you do at bedtime?"), and connect with other families to create a community where children can thrive.



### **How does my family benefit from parenting education?**

- 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 well-being for your child
- Promote your child's early learning and school readiness, learn about resources for families in your community, ask questions, and more!



### **What do parents say about parenting education classes?**

- "It normalizes the experiences of being able to talk to other parents live and in person one on one, not reading something online."
- "Meeting other parents and sharing experiences. Gaining awareness and comfort with changing baby and knowledge that all babies are different. There is no normal."
- "It was very informational. I very much like how it helped you think about yourself as a person as well as your child."



### **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)

To find Parenting Education classes near you click on the county below:

[-- Marion County --](#)

[-- Polk County --](#)

For more articles like this see

[-- Oregon Parenting Together --](#)

## Upcoming Parenting Classes

### **Make Parenting a**

**Pleasure***(English & Spanish)*

Eyre Elementary School

4868 Buffalo Drive SE

Salem, Oregon

Every Tues., Jan. 15 to March 19

5:30-8:00pm

Call (503) 399-3311 to register

### **Make Parenting a**

**Pleasure***(English & Spanish)*



### **Circle of Security**

Santiam Center- Conference Room

11656 Sublimity RD SE

Sublimity, Oregon

Every Thurs., Jan 10-Feb. 28

12:00-1:30pm

Call (503) 769-1120 to register

Four Corners Elementary School  
500 Elma Avenue SE  
Salem, Oregon  
Every Tues., Jan. 17 to March 21  
5:30-8:00pm  
Call (503) 399-3145 to register

**Nurturing Parenting** (*English & Spanish*)

Hallman Elementary  
4000 Deerhaven DR NE  
Salem, Oregon  
Every Wed., Jan. 16 to April 17  
5:00-7:30pm  
Call (503) 399-3451 to register

**Nurturing Parenting** (*English & Spanish*)

Scott Elementary  
4700 Arizona Avenue  
Salem, Oregon  
Every Thurs., Jan. 31 to May 2  
4:45-7:15pm  
Call (503) 399-3302 to register

**Circle of Security** (*English*)

Mehama Community Church  
11336 Morris St SE  
Mahema, Oregon  
Every Wed., Jan. 9 to February 27  
5:30-7:30pm  
Call (503) 769-11201 to register

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

**Make Parenting a  
Pleasure** (*Spanish*)

Nellie Miur Elementary  
1800 W. Hayes St  
Woodburn, Oregon  
Every Tues., Jan. 8- March 12  
5:00-7:30pm  
Call (503) 982-4305 to register

**Make Parenting  
aPleasure** (*English & Spanish*)

Cipriano Ferrell  
1274 5th St  
Woodburn, Oregon  
Every Tues., Jan. 8- March 12  
5:30-8:00pm  
Call (503) 982-0767 to register

**Nurturing Parenting** (*English*)

Monmouth Christian Church  
959 Church St  
Monmouth, Oregon  
Every Mon., Jan. 7- March 11  
6:00-8:00pm  
[Click here to register](#)

**Nurturing Parenting** (*English*)

Lyle Elementary School  
185 SW Levens ST  
Dallas, Oregon  
Every Wed., Jan. 9- Feb. 20  
5:00-7:00pm  
[Click here to register](#)

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



## Blog of the Month

Another year has passed in the blink of an eye. As parents we all have the same thought going through our minds as we stand on the brink of a new year, “Where did the time go?” For many people, the start of a new year is a time to plan for new beginnings, new habits, and positive changes to strive for in the next 365 days to come. Also for many of us, a new year means absolutely nothing. . .it’s just another day in the calendar. Let’s face it, making a new year’s resolution comes with a lot of pressure or high expectations to fulfill it

[-- Read More --](#)

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# Vroom

Brain building moments

## 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](#)