

# OREGON

Volume 3  
Issue 4

Special Issue  
What is Parenting  
Education?



April 2017

## Parenting Together!

### Introduction

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 a temper tantrum, or entering a new phase?

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

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 local hospitals or clinics to prepare for a new addition to the family, but after bringing a new baby home or adopting a child, parenting education can be hard to find! The Oregon Parenting Education Collaborative (also known as “OPEC”) was started in 2010 to make parenting education available to all Oregon families (and families in Siskiyou County, California).

### 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.

This series of newsletters is inspired by and created just for parents. If you have suggestions, comments, or ideas for future newsletters please email: [opec@oregonstate.edu](mailto:opec@oregonstate.edu). For additional parenting resources, like us on Facebook (Oregon Parenting Education Collaborative) and follow us on Twitter (@OPECParentingEd)

Your local OPEC\* Parenting Hub is the “go-to” place for parenting resources, family activities, and parenting education classes. As parents, many of our experiences, and struggles are similar, yet they are not the same. OPEC programs are intended to support you on your journey as a parent and to connect you with other families in your community. This month’s newsletter focuses on what parenting education is all about.



THE COLLINS FOUNDATION  
THE FORD FAMILY FOUNDATION  
MEYER MEMORIAL TRUST  
THE OREGON COMMUNITY FOUNDATION  
OREGON STATE UNIVERSITY

HELLO  
MY NAME IS



Find us on Facebook (Oregon Parenting Education Collaborative),  
Twitter (@OPECParentingEd) and our website: [orparenting.org](http://orparenting.org)

## How does my family benefit from parenting education?

Parenting education provides a chance to:

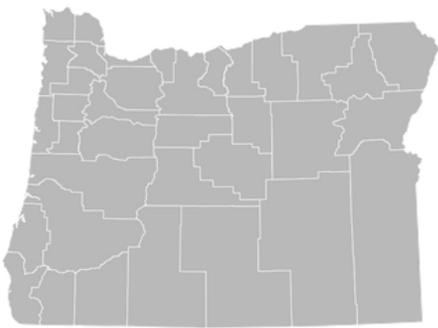
- Expand your knowledge of up-to-date research-based parenting strategies
- Connect with other parents to share and learn from one another
- Learn strategies to support optimal health and wellbeing for your child
- Promote your child's early learning and school readiness, learn about resources for families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



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

- "It normalizes the experience of being able to talk to other parents live and in person one on one, not reading something online."
- "Meeting other parents and sharing experience. 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 children."

## \*OPEC: Parenting Education for All Oregon Families



OPEC is a collaboration between The Oregon Community Foundation, The Ford Family Foundation, The Meyer Memorial Trust, The Collins Foundation, and Oregon State University. Most OPEC programs are free or low-cost (meals and childcare are sometimes provided too!) and are open to anyone serving as a parent in a child's life (parents, step-parents, foster parents, grandparents, care providers). Currently, there are 15 OPEC Hubs supporting 29 counties in Oregon and Siskiyou County, CA.

## Learn more about OPEC and find your Parenting Education Hub here:

<https://orparenting.org/parents/opec-parenting-hubs/>



### RECOMMENDED PARENTING APPS!

Vroom  
Text4Baby



**Oregon State**  
UNIVERSITY



**Hallie E. Ford Center**  
College of Public Health  
and Human Sciences