

## “It’s a Girl! It’s a Boy!”



### The Importance of Working with Parents

#### A. Discuss

1. Why?
2. Different types of parents/ situations
3. How?

B. Communication and Parent Involvement - youth should be talking with parents frequently through out week. To avoid manipulation, you want to talk with them each time after the youth has, with some parents maybe before and after.

1. How often should contact occur?
2. When?
3. Ways to involve parents...

#### C. Parent Training

1. What is it?
2. When does it occur?
3. Why is parent training good?

## Home Visits and Parent Training

### A. Setting up Visits

Who?

When?

For how long and where?

B. Meeting before Visit - Take this time to **STRUCTURE** the visit with the parents, this is not a vacation for the youth - it is learning ground for the youth and their parents.

1. Set up times and schedules
2. Set up rules and boundaries
3. Discuss youth's progress and areas they are working on.
4. Discuss target behaviors and skills they may struggle with while at home or with certain people.
5. Have the youth role play these skills with the parents at the group home.
6. Talk with the parents about how to reinforce the skills used and how to address it when skills are NOT used. Set up expectations with parents: *Four things to praise each day/ at least one consequence.*
7. Review privileges available and how to use them/ or deprive them. Review what daily and weekly mean.

C. Home notes - Teach parents how to fill out correctly, best if one used for each day of visit. This will be more specific and show progress or declines in behaviors and which areas which days. Have youth fill out name/ target areas etc prior to visit. All parents do is ratings and summary.

### D. Your Role During Visits

1. Check up on them. Call and require them to call and check in with you. (It is amazing how often they are NOT where they are supposed to be!)
2. Act as their consultant/help them with reinforcement/consequences/reasonable chores and privileges.

### E. Meeting after Visits

Sit down with parents and tell them ahead of time you will need about 15-20 minutes when they bring the youth back. **DO NOT** let them just drop off the youth.

1. Review home note
2. Discuss skills used and not used and how the youth was reinforced or given consequences.
3. Discuss areas that we can support parent on in the group home.

4. Educate around incidents on home visits
5. Request feedback
6. Talk about next home visit

F. Other thoughts

- You CAN talk about other children in the home
- You CAN run a parent training at your home
- You CAN recommend they attend parenting classes
- You CAN help them set up token economies/ motivators
- You CAN offer to go to the home and watch them with the youth and help them.
- You CAN have them spend the day watching you interact with their child.
- You CAN teach them teaching interactions