



NPCL

YOUNG MOTHERS AND PARENTING CURRICULUM

The Young Mothers and Parenting Curriculum addresses the real experiences and challenges of young mothers through 18 streetwise group sessions that provide support, information, and motivation in areas of parenthood and relationships. The curriculum sessions were based in part on the Partners for Fragile Families Fatherhood Development Curriculum. Modifications and revisions were made to the *Young Mothers and Parenting Curriculum* to give expression and relevance to the realities and needs of young mothers. When optimally presented, the curriculum can serve as the “glue” that makes a program beneficial to all mothers.

The 18 curriculum sessions focus on four areas of content which are as follows:

Personal Development begins with team-building activities and discussions of values, definitions of womanhood, and life skills. Mothers are encouraged to consider their values and how they communicate them to their children; messages that society and their own families send them about what it means to be a woman and mother.

Life Skills include skill-building sessions on communication, decision-making, and dealing with stress. A key theme here is that individuals' ability to live satisfying, productive lives depends mainly on their effectiveness as communicators and decision-makers.

Responsible Parenting is the heart of the curriculum and focuses on the critical role that mothers play in their children's lives. Topics covered include the roles and responsibilities of mothers, the impact mothers have on the way their children develop, what to expect from children at different stages of development, how to have a positive influence on children, how to handle the daily needs of children, and how to discipline children effectively.

Healthy Relationships further explores ways to communicate effectively, and considers differences in male and female styles of communication; how to have a more positive relationship with the child's father, and how to manage anger, resolve conflicts, team parenting, and an exploration of marriage relationships.