 South Plains Community Action Association

**Head Start & Early Head Start Division**

Parent Committee Meeting Trainings and Parent Activity Day Trainings

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| Mandatory Topics | Dates and Venue  Trainings Offered | Trainer |
| Parenting Skills   * Educational and developmental needs * Activities of Child * Learning how to share concerns with program staff |  |  |
| Family Literacy   * Increase access to materials, services, and activities essential to family literacy development. * Support parent’s role as children's first teacher. * Parent literacy training that leads to economic self-sufficiency and Financial Literacy |  |  |
| Substance Abuse |  |  |
| Child Abuse and Neglect |  |  |
| Domestic Violence |  |  |
| Medical and Dental Education Program   * Assets parents in understanding how to enroll and participate in a system of ongoing health care. * What is a Medical and Dental Homes and How to get Health Insurance. * Encourages parents to become active partners in their children's medical and dental health care process and to accompany their child to medical and dental examinations and appointments. * Emergency First Aid * Occupational and environmental hazards * Safety practices for use in the classroom and in the home * Provides parents with the opportunity to learn the principles of preventive medical and dental health. * General topics (e.g., maternal and child health and the prevention of Sudden Infant Death Syndrome) |  |  |
| Nutrition Education Program   * Selection and preparation of food to meet families needs * Management of food budgets |  |  |
| Mental Health Education Program   * What is Mental Health? And How to discuss your families and child's mental health related issues with teachers and other professionals. |  |  |
| Community Advocacy   * How do I make my community more responsive to my needs and interest? * What resources are available in my community? How to use 211. |  |  |
| Transitions   * Teach Parents to excursive right and responsibilities concerning education of child in school * Assist parents to communicate with teachers and other school personal. |  |  |