WHAT IS PARENTING EDUCATION

COOPERATIVE PARENTING EDUCATION is learning about human behavior and how to grow self-aware, compassionate, resilient humans who thrive in equitable, inclusive communities. With guidance from trained early-childhood educators coupled with classroom observation, discussion groups, evening classes, and school governance, caregivers learn:

Child Development Milestones

Caregivers learn how young humans develop and when and how skills are acquired. Caregivers learn to understand informed age-appropriate expectations for children's behavior.

Foundational Principles & Tools

Caregivers explore sound principles and tools based in Adlerian psychology and brain science data including:

- the power of co-regulation and teaching regulation skills
- deep active listening and empathy skills
- the power of intentional language
- the difference between praise and encouragement
- varied approaches for problem-solving and age-appropriate power sharing
- parenting tools and strategies that build the foundation for equity and kindness in the home and beyond

Strong Communities

Caregivers learn to work together to create a well-developed, early-childhood classroom environment and a well-run, non-profit business. They work through challenges and build cohesive communities that often last for years.

Workforce Skills

Caregivers run their child's cooperative preschool and, in the process, learn to:

- acquire and grow skills in fields around the education space
- lead and participate in board meetings
- manage the budget of a non-profit business
- hire, support and evaluate employees
- create and support non-profit fundraising opportunities
- participate in a community that creates opportunities, solves problems, learns together and extends care to everyone

Parenting Education is human education. Through learning with and teaching our children, caregivers reflect on their own family-of-origin stories, explore beliefs and past experiences, build big-picture parenting skills and build new skills to create more harmonious, resilient families and communities.