



South Plains Community Action Association
Head Start & Early Head Start Division
2023 – 2024 Parent Training Topics

September: Wednesday 20 @ 2:30

Preventive Medical and Dental Health

Introduction of staff and meeting and voting for policy council representatives.

October: Wednesday 11 @ 2:30

Parenting Skills

Educational and Developmental needs of children. Child Development (including cognitive, social, and emotional development) skills strategies to help with everyday parenting.

November: Wednesday 8 @ 2:30

Substance Abuse and Mental Health Training

Recognizing signs of substance abuse and alcoholism. How to get help with substance abuse issues. What is Mental Health? How to discuss mental health related issues with teachers and other professionals.

December: Wednesday 13 @ 2:30

Domestic Violence and Home Safety

Recognizing signs of domestic violence, safety plans and where to get help. Safe and healthy homes.

January: Wednesday 17 @ 2:30

Family Literacy

Learning how to 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.

February: Wednesday 14 @ 2:30

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.

March: Wednesday 20 @ 2:30

Nutrition

Selection and preparation of food to meet family's needs. Food budgets and how to eat healthy on a budget.

April: Wednesday 10 @ 2:30

Child Abuse Prevention and Sudden Infant Death Syndrome

Children and families thrive when they have access to safe, stable, nurturing relationships and environments.

May: Wednesday 10 @ 2:30

Transition

Going to Kindergarten - children and their families learn about the new setting, build relationships, and experience continuity.