

# PARENT



***“What makes a good parent is also what makes a good teammate and a good co-worker and a good leader and a good supervisor and a good creator.”***  
— Dr. Bruce Perry, Principal, The Neurosequential Network and Adjunct Professor, Psychiatry & Behavioral Sciences, Feinberg School of Medicine, Northwestern University

## ***Why ParentABLE for Secondary and Post-Secondary Education?***

Developed by ParentTeach Institute, a leader in caregiver education, ParentABLE is a nationally recognized, evidence-based, trauma-informed course designed to help students, caregivers, and educators develop foundational skills in positive parenting and caregiving practices.

The curriculum addresses the impact of unintentional parenting practices, the long-term effects of Adverse Childhood Experiences (ACEs), and the science of resilience, through a lens of emotional regulation, empathy-building, and relational health.

**Aligned with Social Emotional Learning (SEL) and health and wellness standards**, ParentABLE is taught in the classroom, and includes interactive exercises, instructor-led discussion, videos, and practical tools.

**The course is available in both English and Spanish and includes a certificate of completion plus six (6) Continuing Education Units (CEUs), accepted by many credentialing and licensing boards.**

Whether supporting student caregivers, preparing future educators and counselors, or strengthening school-family partnerships, ParentABLE equips participants with trauma-informed tools to build calmer, more connected home and learning environments.



## ***ParentTeach Institute fully supports schools in implementing a unit that is:***



**Easy to implement**



**Based on 30 years of data**



**Locally adaptable and ready to launch**



**Delivered through a user-friendly LMS**

## ParentABLE's curriculum includes:

- 8 engaging animated lessons
- Informative videos
- Interactive knowledge checks with immediate feedback
- Note assists
- Handouts
- Additional resources
- Pre-and post-learning surveys
- Emotional support contacts
- A teacher's guide for facilitating in-classroom learning and discussion



## Who Can Benefit?

ParentABLE equips students with trauma-informed, practical tools that build empathy, support emotional regulation, and lay the groundwork for healthy relationships, both now and in the future. **Aligned with Social Emotional Learning and Health & Wellness standards, the course is a strong fit for use in health education and human and workforce development programs focused on early childhood, education, or social services.**

In addition to high school classroom implementation, ParentABLE offers immediate value to

- High school educators teaching health, child development, and human services CTE courses
- Family engagement specialists and district-level family liaisons
- School counselors and student support services teams
- Early childhood educators and pre-K teaching staff
- School-based social workers and behavioral health professionals
- Staff and faculty seeking Continuing Education Units (CEUs) for professional growth and credentialing



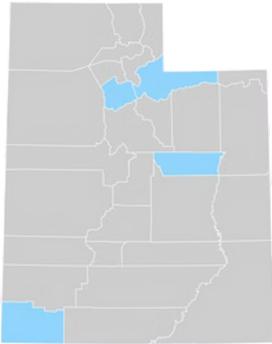
of students who completed ParentABLE agree that they learned the importance of positive parenting and its impact on child development, early learning, and adult outcomes.



of students who completed ParentABLE agree that other students would benefit from the ParentABLE parenting education unit.



of students who completed ParentABLE plan to use what they learned in ParentABLE if/when they are a parent or caregiver.



## Building Brighter Futures in Utah

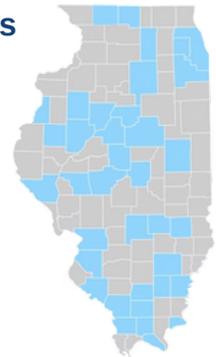
ParentABLE for high school has officially expanded across Utah, reaching over 350 students in four (4) schools and counting.

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*"In the future i can see my self being an authoritative parent that listens to their children and speaks to them, guiding them in a good way but not doing it out of fear but respect and making them realize that love and obedience are different."* —Skyline High School Student

[www.parenteach.org/utah](http://www.parenteach.org/utah)

## Celebrating 5 Years of ParentABLE in Illinois

Each year, our program has continued to grow—reaching more schools and more students across the state. This past school year alone, we brought ParentABLE to nearly 1,000 students in 38 counties.



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*"This course aligns BEAUTIFULLY for all of my content areas and helped enrich the content I already provide. Thank you!"*—Kate Mallory, M.S.Ed., ROE26 SEL Director at Regional Office of Education #26, Chicago, IL

[www.parenteach.org/illinois](http://www.parenteach.org/illinois)

## How ParentABLE is Changing the Conversation in Schools

Illinois high school educator Kameron M. reflects on how ParentABLE empowers students to recognize and name their emotions, confront generational challenges head-on, and forge stronger relationships—both inside the classroom and in their daily lives.

## **More About ParentABLE:**

ParentTeach Institute's ParentABLE helps students and future professionals build stronger relationships, deepen empathy, and gain practical skills for navigating real-life caregiving situations, at home and in the future.

**Endorsed by experts from Harvard University, Northwestern University, and Lurie Children's Hospital, the course explores:**

- The impact of Adverse Childhood Experiences (ACEs)
- How to build resilience in children, teens, and caregivers
- Positive, strengths-based caregiving strategies
- Everyday skills that reduce conflict and strengthen emotional connection

Whether students are preparing for future careers in education, healthcare, or family services—or are currently helping raise siblings or caring for others—ParentABLE equips them with tools that support emotional regulation, reduce stress, and foster healthy relationships.

Research from organizations such as Harvard's Center on the Developing Child, ZERO TO THREE, and the U.S. Office of Head Start confirms that trauma-informed, relationship-based education helps young people grow into more emotionally attuned, confident, and connected adults—skills that benefit both families and future professions.

## **Pricing:**

Licenses for up to 25 students	\$1,000/year
Licenses for up to 50 students	\$1,500/year
Licenses for up to 100 students	\$2,500/year
Licenses for up to 250 students	\$3,750/year



*Teacher Training, Materials, and Technical assistance is included with all license packages.*

**To get more information, request a curriculum preview, or explore how to bring ParentABLE to your high school or district, contact us at [info@parenteach.org](mailto:info@parenteach.org).**



Built on founder Katharine Bensinger's 30+ years of positive parenting leadership and expertise, ParentTeach Institute delivers innovative, research-based programs that strengthen families and promote child and caregiver well-being. Our accessible, culturally responsive programs have helped families across the U.S. and Puerto Rico to strengthen communication, reduce conflict, and <sup>4</sup> create more consistent, supportive home environments.