

Oneida Parenting Program

The Oneida Parenting Program will strengthen families and cherish children by providing families with an educational and cultural based parenting program that will give helpful strategies to further the positive overall growth of children and families.

The Parenting Program will add to the family's capacity to meet the basic spiritual, emotional and physical needs of its members, reduce barrier that prevent people from knowing their importance within their family, develop a family environment that is a source of strength and support, and strengthen sense of belonging among family members.

Currently **three** Parenting Programs are offered: ***the Oneida Nation Active Fathers Program, the Oneida Nation Parenting Class, and the Oneida Teen Parent Support Group.***

The Oneida Nation Active Fathers Program offers a 12 week session to fathers who will be asked to look inside themselves and at their own childhood to make choices regarding the type of father they want to be. This program involves sharing among the members as storytelling allows each of us to learn from one another. Other items discussed are self-care, anger, discipline, and AODA. Activities are used to enhance the learning experience.

The Oneida Parenting Class is a 16 week session designed to assist parents in understanding and building relationships with their children. This course is recognized by the county court systems and meets the requirements needed in court ordered cases. The class (with a traditional and cultural focus) will discuss ages and stages of development, teach parenting tools to deal with a variety of childhood challenges to strengthen the parent/child experience, provide information on issues that families deal with today, teach positive discipline techniques and include evaluations to determine progress, need and development.

The Teen Parent Support Group is offered to individuals who are under the age of 20 and are pregnant or have children. The goals of this support group are to help teen parents with tools to build a healthy family, assist with the challenges faced by teen parents, develop and define a family environment that is a source of strength and support (to include) community services, and build independent living skills to strengthen the family and those relationships within it. This group discusses topics which include community resources, health, safety, self care, child development, nurturing, and culture. Topics are approached through various activities including art, discussion, speakers, and trips. This provides a good way for teen parents to connect and share with others who are experiencing similar life events.

If you would like to contact a parenting staff person, they can be reached at 490-3701.