

# The Touchpoints Parenting Curriculum

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**Brazelton Touchpoints Center**  
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# The Power of Groups



# Our Agenda



- ▶ Parenting Reflections
- ▶ What is the Touchpoints Parenting Curriculum?
- ▶ The Touchpoints Parenting Curriculum
  - Facilitator Training

# Introductions



- ▶ What is it like to be a parent?
- ▶ What is it like to parent your child?
- ▶ How is parenting different from when you were parented?





## Choosing a Parenting Curriculum for Your Program

Parent activities to promote child learning and development, 45 CFR § 1302.51 (b):

### Parenting Curriculum Decision-Making Checklist

Head Start and Early Head Start programs must ensure the parenting curriculum they choose:

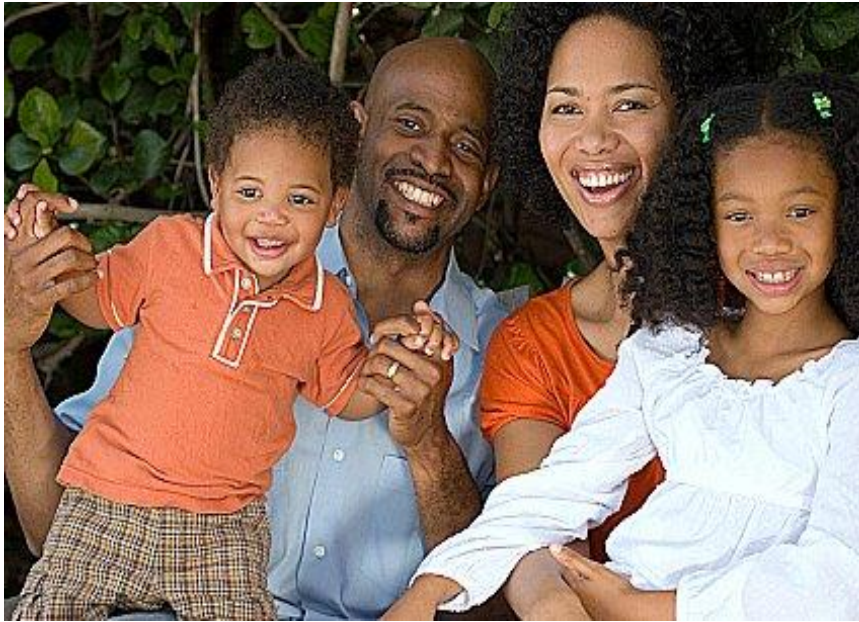
- ☐ Is research-based (at a minimum; see definitions on page 2); and
- ☐ Provides parents with opportunities to practice skills.

Head Start and Early Head Start programs should also consider these important features that define a parenting curriculum:

- ☐ Is it delivered to parents as the intended and primary audience?
- ☐ Is it delivered in a time-limited or ongoing manner?
- ☐ Does it include structured, sequenced learning activities for parents that focus on two or more of the following domains of learning?:
  - ☐ Nurturing (warmth, responsiveness, and sensitivity)
  - ☐ Discipline (providing limits, teaching self-control, handling challenging child behaviors)
  - ☐ Teaching (conveying information or skills)
  - ☐ Language (conversations)
  - ☐ Supervision (watchfulness)
- ☐ Does it consist of three or more sessions?\*
- ☐ Does it have a detailed manual or facilitator's guide that describes the content, order, and delivery of each session?
- ☐ Is it available for public use?
- ☐ Can it be implemented in center- or home-based early childhood settings or a community-based organization?

\*Recommendation: Group size of 5 to 25 participants; sessions of 45 to 120 minutes and scheduled 1-2 weeks apart

# Touchpoints Parenting Curriculum



# Touchpoints Parenting Curriculum

A practical, preventative curriculum that supports positive parent-child relationships through the Touchpoints approach.

# What is the Touchpoints Approach?

A way of providing care to families  
by:

- ▶ *understanding development* and
- ▶ *supporting relationships.*



# Goals of Touchpoints

- ▶ Optimal child development
- ▶ Healthy, functional families
- ▶ Competent and healthy professionals
- ▶ Strong communities

# Goals of Touchpoints Parenting Curriculum



- ▶ Engaging parents in conversation about their children's development
- ▶ Supporting parental mastery as parents learn and practice new skills

# What are Touchpoints?



“Touchpoints” are *predictable* periods of regression and disorganization that occur before bursts in a child’s development.

# Touchpoints vs. Milestones



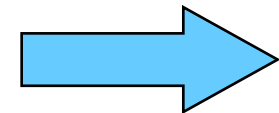
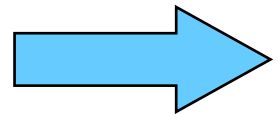
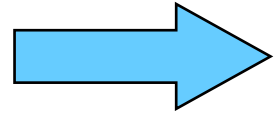
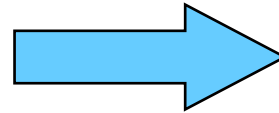
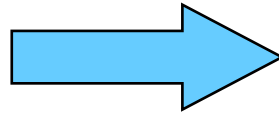
- ▶ Milestone – a developmental burst, a new skill or competency mastered.
- ▶ Touchpoint – the period of disorganization and regression that occurs as the child is learning the new skill.



# A PARADIGM SHIFT

**FROM:**

- Deficit Model
- Linear Development
- Prescriptive
- Objective Involvement
- Strict Discipline Boundaries



**TO:**

- Positive Model
- Multidimensional Development
- Collaborative
- Empathic Involvement
- Flexible Discipline Boundaries

# Touchpoints Parenting Curriculum



# The Training Agenda



- **Introductions – Reflection**
- **Group Agreement**
- **The Touchpoints Perspective in Parents Groups**
- **The Group Process in Parent Curriculum/Groups**
  - **Tuckman Model of Group Dynamics**
  - **Facilitation strategies**
- **Preliminary Implementation Plan**
- **Manual walk Thru**
- **Touchpoints Facilitated Parenting Group Role Play**

# “Quotes”



The past two days have exceeded my expectations... I leave here feeling valued and also challenged to risk more, learn more but also embrace what I have to offer (learn from) other parents...also, the manual is such a gem! I am excited to begin planning for the next steps toward facilitating parenting programs.

Thank you!



# Creating a Safe Space for Parents

- ▶ Group Agreement
- ▶ In this group, what do we need from each other to feel safe and be able to participate fully?

# The Manual



# The Manual



**Module 1: Parenting Your Unique Child – Joys & Challenges**

**Module 2: Understanding Your Child's Temperament**

**Module 3: Exploring Your Family's Culture & Language**

# The Manual



**Module 4: Nurturing and Caring for Your Child – Keeping Your Child Safe & Healthy**

**Module 5: Discipline – Your Role as Parents Over Time**

## **Resources**

**Touchpoints Developmental Resources for Parent Group Facilitators**



# “Quotes”



I have had this dream of a Touchpoint Parent Group and I feel you have helped make it truly become a reality!

My confidence level of “my facilitator” skill set has increased dramatically.  
Lemlemtc (Thank you)

# Thank You!

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## **The Brazelton Touchpoints Parenting Curriculum**

Brazelton Touchpoints is a practical approach for building strong partnerships with families in support of their children's early learning and healthy development from infancy through school-age. The Touchpoints Parenting Curriculum is a practical, preventative curriculum that supports positive parent-child relationships through the Touchpoints approach.

The goals of the Touchpoints Parenting Curriculum are:

- Engaging parents in conversation about their children's development
- Supporting parental mastery as parents learn and practice new skills

The Touchpoints Parenting Curriculum is a series of five sequential modules developed to support mastery of parenting skills that promote strong parent-child relationships and children's learning and development. The Touchpoints Parenting Curriculum meets the Head Start Program Performance Standard: *Parent activities to promote child learning and development, 45 CFR § 1302.51.*

The manual modules are:

### **Module 1: Parenting Our Unique Child: Joys and Challenges**

- Learn about our group's parents/caregivers and children and their cultural practices.
- Create a safe and trusting environment through a group agreement.
- Explore the joys and challenges of parenting each unique child.
- Discuss what a Touchpoint is and how we can nurture and care for our children taking into consideration their age, their developmental process and the Touchpoint they are experiencing.

### **Module 2: Understanding Our Child's Development**

- Discover how we nurture our unique children within the context of our families' cultures.
- Identify some of the Parental Themes of Touchpoints.
- Explore how to observe our children and identify their individual style and temperament.

- Focus on the parent/child relationship considering the child's temperament, the parent's style, and "goodness of fit."

### **Module 3: Exploring Our Family's Culture and Language**

- Learn more about each family's cultural practices.
- Focus on the importance of culture, language development, home languages, and the impact of conversations with young children.

### **Module 4: Nurturing and Caring for Our Children: Keeping Our Children Safe and Healthy**

- Discuss our children's behavior as the behavior relates to the Touchpoint they are currently experiencing.
- Explore how to keep our children safe and healthy, from both the child's and parent's perspectives.
- Discuss our expectations of the child's behavior and how we nurture and care for our unique children within the context of our families' cultures.

### **Module 5: Discipline: Our Role as Parents over Time - Teachers and Guides**

- Explore the concept of discipline from the Touchpoints perspective.
- Focus on social-emotional well-being, limits, self-regulation, and how we want to parent (guide and teach) our children.

The Brazelton Touchpoints Center offers a two day Touchpoints Parenting Curriculum Facilitator training. This professional development offering provides an in-depth review of the curriculum and manual, group facilitation skills, and using the Touchpoints Approach in implementation. The training is interactive and allows time for discussion and practice regarding implementation of the Touchpoints Parenting Curriculum. The training is followed by 6 reflective practice calls to support implementation at your site or in your community.

Our next training will be held in Boston, Massachusetts on October 25<sup>th</sup> and 26<sup>th</sup>, 2018. You can also request an in-service training for your group. Please call Marlies Zammuto at 978-470-0539 or 978-886-9041 for more information or email [marlies.zammuto@childrens.harvard.edu](mailto:marlies.zammuto@childrens.harvard.edu).

**\*\* Please note that as a prerequisite to this training, participants must have completed a Touchpoints Individual Level Training\*\***