PARENTING MATTERS

Life Skills Education



Parenting Matters' Life Skills Education program offers individualized education for parents struggling with the following everyday skills:

- Finding and maintaining employment
- Managing finances and following a budget
- Time management and organization
- Maintaining a clean and organized home
- Planning and cooking nutritional meals

At the beginning of the Life Skills program, each parent completes a Life Skills assessment. Their curriculum is planned based on areas of concern highlighted in the life skills assessment. Life Skills Education takes place in the visitation center, home, or community to allow coaches to address needed skills in a real-life environment. This allows parents to learn and demonstrate skills as they would without a coach present. Life Skills coaches meet with parents on a weekly basis to teach Life Skills curriculum and assist clients with skills such as:

- Completing job applications
- Preparing for interviews
- Reviewing spending habits and creating a budget
- Cooking, cleaning, and organizing within the home
- Creating a shopping list and going grocery shopping

The Parenting Matters' Life Skills Education program is adaptive to the needs of each individual client. Life Skills Education may be taught on its own or combined with supervised visitation or other education services offered by Parenting Matters.