



Positive
Discipline In
Everyday Life

Newsletter

Parent Programs During COVID-19

With the whole world under restrictions, we have received many inquiries about delivering PDEP online. We're working on it! We must ensure that participants would have the same experience online as they would in person, which is a complex undertaking. We appreciate your patience as we continue this work.

Meanwhile, please explore our **COVID-19 Resource Page**, now available in six languages – Albanian, Arabic, English, French, Spanish, and Vietnamese. Thank you to all who made this possible!

In some locations, in-person parent programs have been held, requiring considerable effort to ensure participants' safety. We are developing guidelines to help with planning in-person parent programs under public health restrictions. These will be available in the near future.

On page 3 of this newsletter, we feature stories from **Vietnam** and **Japan**, where in-person programs have been delivered during the pandemic.

If you have been able to deliver a parent program during the pandemic and would like to share your experiences, please send us your story: posdiseveryday@gmail.com

Contents

Parent Programs During COVID-19	1
Your Attention Please!	2
Coming Soon! Online Problem-Solving Booster Program	2
Stories from Vietnam and Japan	3
About Us	4

Your Attention Please!



Country Trainers: Please keep us updated

Please send us your **Participant Contact Information Lists** when you train new Facilitators. This will ensure that they have access to the most up-to-date materials. They also will be able to receive communications from PDEL.

Facilitators: Please stay updated

When you start planning a parent program, please login to the PDEL website every time (www.positivedisciplineeveryday.com) to ensure you are using the most current materials.

If you have not yet registered on the website, please contact Cyma (ctolaj.pdel@outlook.com) who will assist you.

Coming Soon! Online Problem-Solving Booster Program



We recognize the increased stress levels of parents in these challenging times, as well as the pressures on agencies to meet parents' needs. With the support of Public Health Agency of Canada, we've developed an online *Booster Program* for **parents who have already taken PDEP**. The Booster will provide a review of the basic PDEP concepts, and guided practice in problem solving typical challenges during this extraordinary time.

In February 2021, we will be offering training so you can begin to provide the Booster. For now, this training is only available for Program Facilitators and Country Trainers who:

- work in Canada,
- are fully trained and experienced in delivering in-person PDEP parent programs,
- have access to parents who have taken PDEP, and
- can commit to delivering a Booster program soon after the training.

We ask our Canadian colleagues to watch for an upcoming email message with further details!

When this pilot is complete, we will make plans for rolling out the Booster beyond Canada.

Stories of PDEP During the Pandemic

Vietnam

Vietnam has been remarkably successful in controlling the spread of COVID-19. With a population of 97 million, cases have been kept to just over 1300 and total deaths to 35.

This was accomplished through rapid testing, contact tracing, public communication and a 3-week lockdown in April. The success of these measures made it possible for 6 Country Trainer Candidates to deliver 4 Facilitator Trainings and 27 Parent Programs!



Country Trainer Candidates from left:
Tham, Thuy, Chinh, Hanh, Van & Nhu

Safety protocols included:

- providing hand sanitizer and masks to all participants,
- daily room sanitizing,
- checking participants' temperatures whenever they entered the room, and
- removing or replacing all activities involving deep breathing or touching.

The team kept participants well-informed about everything relating to the pandemic, easing their worries and uncertainties. By ensuring they had personal protective equipment, they reduced participants' concerns and increased their comfort.

Japan

Among its population of 126 million, Japan has seen more than 135,000 cases and 2,000 deaths. Despite strict public health guidelines, 2 Country Trainers were able to train 6 new Facilitators in the Tohoku region.

To keep participants safe, everyone was required to follow detailed protocols, including sanitizing and masking. Each participant received their own set of materials, which they had to leave in the training room after each session.



Country Trainer Risa

One of the biggest challenges was the difficulty of reading participants' facial expressions. When the new Facilitators start to deliver in-person programs in the coming fall, the Japanese team will request feedback from participants, Program Facilitators, and local organizations hosting the programs. They will use this feedback to strengthen their efforts during the pandemic while keeping participants safe and protecting the quality of trainings.



Email us:
posdiseveryday@gmail.com

Find us on the Web:
www.positivedisciplineeveryday.com

Download the PDEP Parent Book:
<https://positivedisciplineeveryday.com/parentbook/>

Order hardcopies of the Parent Book:
<https://familiescanada.ca/publication/positive-discipline-in-everyday-parenting-4th-edition>

About Us

Positive Discipline in Everyday Life is a Canadian not-for-profit organization dedicated to promoting healthy adult-child relationships.

We provide **programs for caregivers** to help them handle conflict with children and **training for professionals** who want to deliver our programs to caregivers of all ages, circumstances, sexual identities, languages, and faiths.

We **partner with organizations** across Canada and around the globe to introduce our programs to governments, provide training for their staff, and support scale-up of our programs in a sustainable and impactful way.