



Positive
Discipline In
Everyday Life

Newsletter

Update: 'PDEP COVID-19 Booster' Pilot Project

As described in our May 2021 newsletter, we have created an online COVID-19 Booster for parents who have taken PDEP but need extra support during the pandemic.

With funding from the Public Health Agency of Canada, we trained 33 PDEP Facilitators to deliver the Booster. They teamed up and have now delivered the Booster to 63 parents in Canada.

On the next page, we provide an update on parents' feedback on the Booster.

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What is the COVID-19 Booster?

The PDEP COVID-19 Booster consists of six 2-hour sessions that introduce parents to the online platform, review the PDEP model, emphasize techniques to enhance self-regulation, and provide problem solving practice focused on common pandemic-related challenges.

What did parents think about the Booster?

In our previous newsletter, we presented preliminary results from the first 22 parents who took the Booster. Here, we present the findings from all 46 parents who completed a confidential online questionnaire. At the end of the Booster:

- 89% felt more confident about managing conflict
- 94% were more successful in problem solving
- 91% could self-regulate more effectively
- 80% felt angry less often
- 98% found it helpful to practice problem solving using common pandemic-related situations
- 100% experienced a reduction in their overall stress
- 100% felt connected to the other program participants
- 100% felt supported by the Facilitators who delivered the Booster

"I enjoyed learning new techniques and coping skills."

- Booster participant

"I felt that I wasn't alone, and everyone was going through the stress of the pandemic."

-Booster Participant

"Facilitators were great, and the program was very informative."

- Booster participant

"Awesome program and would recommend to anyone that is looking for help in positive discipline, stress reduction in handling conflict situations with children."

- Booster participant

"This has been the most helpful program I've taken at this organization. The realistic scenarios made all the difference"

- Booster Participant

Introducing Vietnam's New Country Trainer Team

Welcome to the newest team of Certified Country Trainers!

This team faced enormous challenges posed by the impact of COVID-19 in Vietnam.
Nevertheless, they persisted!

Trained in 2018 as Program Facilitators,
they have delivered the Parent Program to over 900 parents.

During their preparation to become Country Trainers,
they trained over 130 Program Facilitators across Vietnam.

Congratulations to this dedicated team!



Top row: Thuy, Joan (Master Trainer), Chinh
Middle row: Shamail (Certified Mentor), Tham, Nhu
Bottom row: Van, Hang

FAQ: The Process of Becoming a Country Trainer

What's the difference between Program Facilitators and Country Trainers?

Program Facilitators work for family-serving organizations and deliver PDEP to parents as part of their job. They usually have a background in child development, work with families, and have experience in group facilitation. They work to promote children's rights and are committed to promoting positive, healthy family relationships. They participate in the full Facilitator Training; undergo a period of mentorship as they deliver their first Parent Programs; and are certified by PDEL.

Country Trainers are qualified to train new Program Facilitators. They are crucial for making PDEP sustainable within their country. Country Trainer Candidates are selected by Master Trainers for advanced training and mentorship. They hold special qualifications in child development and/or adult education and most work for family-serving organizations.

How are Country Trainer Candidates selected?

To be eligible for selection as a Country Trainer Candidate, an individual must:

- ✓ be a Certified PDEP Program Facilitator
- ✓ have specialized academic background and/or experience
- ✓ be willing and able to provide PDEP training to those aspiring to become Program Facilitators

How do Country Trainer Candidates become Certified?

To become certified, Country Trainer Candidates must:

- ✓ participate in a 2-day Advanced Training
- ✓ co-deliver a full Facilitator Training as a team, coached by a Master Trainer and Certified Mentor
- ✓ deliver at least 2 Facilitator Trainings within 12 months after their training with mentorship by a Certified Mentor
- ✓ successfully mentor all Facilitators they train during this period
- ✓ be deemed by their Master Trainer to ready to independently train new Program Facilitators

How long does it take to become a Certified Country Trainer?

From being trained as a Program Facilitator to being certified as a Country Trainer takes about 2 years.

How do Country Trainers maintain their Certification?

Following certification, Country Trainers must:

- ✓ meet online with their Master Trainer and/or Certified Mentor at least once a year
- ✓ co-deliver at least 1 Facilitator Training every year
- ✓ submit their evaluation data from all Facilitator Trainings
- ✓ deliver or observe 1 Parent Program every year
- ✓ participate in any update or refresher webinars offered by PDEL

Updated Materials on the PDEL Website!

As our knowledge advances, our program evolves, and so do our materials.

We now update the Parent Program and Facilitator Training materials on the PDEL website twice a year.

Every time you begin planning a Parent Program or Facilitator Training, please ensure your participants are receiving the most current program content and materials.

Always login to the PDEL website to download the current materials. You will also find a quick reference there identifying the changes that have been made.

We've recently updated the Parent and Facilitator Workbooks, and Facilitator PowerPoint Slides, and our consent forms.

If you have not yet registered on the website, please contact Cyma Tolaj right away:

ctolaj.pdel@outlook.com

She will happily assist you.

If you have any questions about the materials, please contact PDEL:

posdiseveryday@gmail.com



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 parents/primary caregivers** to help them handle conflict with children and **training for professionals** who want to deliver our programs to parents/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.