

Parenting Wisely (PW) is an evidence-based parenting skills education system, designed to facilitate learning the skills necessary for raising healthy, well-balanced children ages 3-18. Through a self-administered, self-paced CD-ROM program, parents view video scenes of common family problems. Parents choose solutions, see them enacted, and then participate in interactive question and answer critiques. Each session concludes with a short quiz. The program takes one to three sessions to complete, lasting approximately three hours in total. PW is available at convenient locations for parents in Baraga, Gogebic, Houghton, Keweenaw, and Ontonagon Counties.

PW for American Teenagers presents typical problem situations including doing household chores, step-parent/youth relationships, monitoring "troublesome" friends, improving poor school performance, sibling fighting, and complying with parental requests such as phone use and music volume. The program teaches valuable communication and behavior management skills such as contracting, assertive discipline, "I" statements, supervision of schoolwork and peers, and positive role-modeling.

PW for Young Children presents typical problem situations including misbehaving at the grocery store, interrupting telephone conversations, problems getting along with friends, how to parent when step-parents or grandparents also live in the household, school and homework problems, sibling fighting, and how to get children off to bed and ready for school on time. The program is specifically designed to address the unique communication and compliance needs of parents of younger children by teaching the following parenting skills such as redirection, active listening, "I" statements, nondirective play, fostering social skills, communicating with school, time out, and setting limits / consequences.

PW helps families enhance relationships and decrease conflict through behavior management and support. The program has been shown to reduce delinquency, substance abuse, and involvement with the juvenile justice system. Additionally, PW builds parental confidence in parenting skills. The program seeks to improve communication, problem-solving, and parent-school communication while improving school attendance and grades and reducing disciplinary infractions.

Parenting Wisely has been proven to:

- Increase knowledge and use of good parenting skills;
- Decrease child behavior problems;
- Improve problem-solving;
- Reduce spousal violence and violence toward their children;
- Improve family relationships;
- Lower family risk factors for delinquency and substance abuse.

PW has been named an "exemplary" program by the Office of Juvenile Justice and Delinquency Prevention (OJJDP), a "model" program by The Center for Substance Abuse Prevention (CSAP) and the Substance Abuse and Mental Health Services Administration (SAMHSA), and a "best practices" program by the Center for the Application of Prevention Technologies (WCAPT).