



COUNSELING SERVICES FOR
ADULTS, CHILDREN & FAMILIES

*The Parent Child Center of Tulsa is a safe place to
turn when the unexpected occurs. We offer a
PATHWAY OF HOPE to the families we serve.*

The Parent Child Center of Tulsa's professional staff strives to reduce the risk of child abuse and to help parents have healthier, more rewarding relationships with their children.

We know that a parent's understanding of his or her own childhood experience is the most protective buffer for preventing the maltreatment of their children. Parenting practices are often handed down from generation to generation. We help families work to keep the practices that are productive, and learn new ones through relationship, reflection, and by fostering a PATHWAY OF HOPE.

WE OFFER:

SMALL GROUPS focusing on self and emotional regulation, attachment based, compassionate parenting, and nurturing parenting skills;

INDIVIDUAL TRAUMA-INFORMED COUNSELING for problems related to current or past abuse;

PARENT-CHILD RELATIONSHIP BASED THERAPY for infants and young children;

PLAY THERAPY for children and their families incorporating state of the art technology and equipment;

BILINGUAL FAMILY THERAPY offering therapeutic services in Spanish;

CIRCLE OF SECURITY PROGRAM™ working with parents and care-givers to help them to learn to read their child's emotional needs, support their child's ability to successfully manage emotions, enhance the development of their child's self-esteem, and honor the innate wisdom and desire for their child to be secure; and

NURTURING PARENTING™ PROGRAM to enhance family functioning through nurturing interactions as well as evidence based skills training, and to promote the well-being of the family. Our nationally recognized staff is part of a network of Family Nurturing Centers™.

THE PARENT CHILD CENTER OF TULSA

THE PARENT CHILD CENTER OF TULSA'S VISION IS THAT
ALL PARENTS HAVE THE KNOWLEDGE AND SKILLS TO
PROTECT, NURTURE, AND PROVIDE FOR THEIR OWN CHILD.



1421 South Boston, Tulsa, OK 74119
918-599-7999 | www.ParentChildCenter.org





POSITIVE PARENTING

The Parent Child Center of Tulsa believes that all children deserve to be loved, nurtured and protected. We strive to offer a PATHWAY OF HOPE to support families where they are in the community.

Parents as Teachers® is our home based, early childhood parent education and family support program that serves families from pregnancy until children enter kindergarten.

Parents as Teachers® is designed to provide parents with information and assistance to enhance the intellectual, language, social, and physical development of children. Families are able to turn their child's everyday experiences into fun-filled learning opportunities and create eager learners who are ready for school. Every other week, our home based parent educators share child development and parenting information with families.

EACH FAMILY RECEIVES:

- CHILD DEVELOPMENT SCREENINGS to learn about motor, language and social needs;
- PRENATAL EDUCATION & CHILD DEVELOPMENT EDUCATION including positive parent-child interaction activities using the Parents as Teachers® curriculum promoting bonding and healthy brain development; and
- REFERRALS & INFORMATION on community resources to meet families' needs.



PARENTS AS TEACHERS® IS VOLUNTARY AND FREE OF CHARGE!

We serve families in both English and Spanish. Pregnant women and families with children up to five years old may enroll.

PARENTING GROUPS

Because parents can often support and learn from each other, we offer parenting groups for our families. Parents learn:

- New activities to explore with their children;
- Fresh ways to build stronger bonds with their children; and
- Different ways to turn everyday experiences into fun filled learning opportunities that encourage children to become eager learners who are ready for school.

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SAFE CARE®

The Parent Child Center of Tulsa believes that all children deserve to be loved, nurtured, and protected. We strive to offer a PATHWAY OF HOPE to support families where they are in the community. SafeCare® is a voluntary and free of charge family support program.

SafeCare® is a program for parents of children 0-5 years. The Parent Child Center of Tulsa's Parent Educators visit families in their own homes for weekly sessions spanning five topics:

- Parent Infant and Child Interaction
- Managing Child Behavior
- Home Safety
- Child Health
- Healthy Relationships



WE HELP PARENTS TO:

- IDENTIFY resources within their community and help families get essential needs met;
- ASSESS their children's health care and medical needs, use a health manual, prevent illness, identify symptoms of childhood illness or injuries and provide or seek appropriate treatment when needed. A health manual, first aid kit, and thermometer are provided;
- IDENTIFY and eliminate home safety and health hazards by removing them or making them inaccessible. Safety latches and other safety devices are provided, as needed;
- SET GOALS for their family's future; and
- IDENTIFY and utilize fun activities that will increase positive interactions with their children.

Pregnant women and families with children up to one year old may enroll. Services are provided FREE OF CHARGE and are available to both English and Spanish speaking families.

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KIDS ON THE BLOCK

At The Parent Child Center of Tulsa, child abuse prevention is tailored to meet the needs of the community. Since 2006, the Kids on the Block educational puppet program has offered a PATHWAY OF HOPE to elementary school students empowering them to seek help from trusted adults.

KIDS ON THE BLOCK PROGRAM TOPICS INCLUDE:

- Bullying
- Stranger Awareness
- Divorce
- Child Abuse
- Conflict Resolution

Our professional community educators are specially trained to provide these age appropriate puppet programs at selected grade levels.



In addition to presenting in schools, our educators travel to a variety of other community locations.

TEACHER QUOTE

The program exceeded my expectations. I can think of no better way to teach students conflict resolution skills. I love the interaction between students and puppets before and after the performance.

All Kids on the Block programs are offered FREE OF CHARGE. To schedule Kids on the Block programming at a school or community organization, please contact us today!

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BRIGHT BEGINNINGS

*The Parent Child Center of Tulsa's vision is that all parents have the knowledge and skills to protect, nurture, and provide for their own child. We are an agency that specializes in infant mental health and recognizes that a **PATHWAY OF HOPE** for the future begins at birth.*

Approximately 10,000 babies are born in Tulsa County each year. Our Bright Beginnings registered nurse educators deliver critical information to mothers and other caregivers of newborn babies before they are discharged from the hospital. Each mother receives a bag filled with program information that she can take home. We strive to prevent shaken baby syndrome, and to help develop the bond between mother and child by stressing the importance of talking, reading, and singing to the baby.

THE PROGRAM INCLUDES TWO KEY COMPONENTS:

THE PERIOD OF PURPLE CRYING is an evidence-based infant abuse prevention program which educates parents and caregivers about normal infant crying and the dangers of shaking an infant. Education to the mom of the newborn and other caregivers is focused on normalizing infant crying, the dangers of shaking a baby, soothing skills to comfort an infant, coping skills for dealing with frustrations, and passing the message on to other care providers.

CLICK for Babies supports the mission of The Period of Purple Crying by providing donated purple caps to newborn babies.

TALKING IS TEACHING stresses the importance of talking, reading and singing to babies as a way to enhance the child's vocabulary. "Talking is Teaching: Talk, Read, Sing" is a multimedia campaign that works to help parents understand that they have the power to boost their children's vocabulary through simple actions every day - like talking about things seen on a walk, or singing songs together during bath time. Using social media, books, videos, and information from expert partners, Talking is Teaching shares fun and easy ways that parents can improve their babies' learning.

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POSITIVE PARENTING STEPS

The Parent Child Center of Tulsa's vision is that every parent has the knowledge and skills to protect, nurture, and provide for their own child.

We know it's tough to be a parent! It is important to remember that all parents at times feel overwhelmed, tired, and stressed. Here are a few things you can do to reduce that stress:

- Stop what you are doing and take deep breaths. It takes time for your body to relax after stressful moments, so as often as you can take a few minutes for yourself to focus and relax.
- Notice the things that make you most stressed. Talk with a trusted support person about those things, and see if he or she can help you make a plan for when those things happen.
- Develop a list of people you can call and places you can go to for help. Keep the list with you, and use it when necessary.
- Attend a nurturing parenting class at The Parent Child Center of Tulsa. Learning more about children and how they communicate and grow will make you a better parent.

We can help!



Children communicate in a variety of ways. Kids who are stressed can experience that stress physically. They may get headaches, stomachaches, and have trouble sleeping - just like adults! Recognizing stress in children can be hard because they do not communicate like adults. Here are a few behaviors children express when stressed:

- Aggressively acting out
- Difficulty concentrating and paying attention
- Inability to calm down
- Inability to control impulses

The Parent Child Center of Tulsa's professional staff is here to provide a PATHWAY OF HOPE for a healthy future for your family. We are here to provide professional and compassionate solutions when unexpected life challenges occur.

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