

BUILDING PATHWAYS OF HOPE



The Parent Child Center of Tulsa's vision is that all parents have the knowledge and skills to protect, nurture and provide for their child. When families face unexpected difficulty related to their caregiver-child relationships, mental health and well-being, skilled staff at The Parent Child Center provide professional and compassionate solutions.

Parenting practices, helpful or harmful, are often handed down from generation to generation. We know that a parent or caregiver's understanding of his or her own childhood experience is the most protective buffer for preventing the maltreatment of children. With that in mind, our staff helps families work to keep productive parenting practices and learn new ones.

As an agency specializing in infant mental health, The Parent Child Center's dedicated professionals teach caregivers that a child's pathway of hope begins at birth. As part of this

process, an Infant/Early Child Mental Health Community Consultant (I/ECMHCC) works to promote the social and emotional development of infants and young children in the community through direct consultation, providing specialized training, facilitating referrals and sharing strategies.

Additional support for parents and caregivers comes from the agency's framework as a Family Resource Center, a place where they have access to a safe, community hub and the opportunity to learn how to navigate systems and resources independently.

When our clients build pathways of hope, they develop a personal roadmap to reach goals, creating a safer, healthier and brighter future for their children and families.

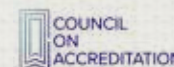
For more detailed information, including eligibility and how to access each program, please scan the QR code, call our office, or visit our website.



THE PARENT CHILD CENTER OF TULSA

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PREVENTING CHILD ABUSE AND NEGLECT THROUGH EDUCATION, TREATMENT, AND ADVOCACY.



The Parent Child Center of Tulsa's programs reach parents and caregivers right where they are, whether educating them in the hospital after giving birth, in home with a toddler, during a pediatrician visit, meeting with a skilled therapist at our offices, or working with a family navigator to help put resources in reach. These programs protect, teach and heal through community outreach, family support and therapeutic services.



Bright Beginnings

Nurse educators visit local birthing hospitals to provide education to mothers and caregivers of newborns. Topics include normal infant crying patterns and The Period of Purple Crying to prevent Shaken Baby Syndrome and Talking is Teaching,

which promotes talking, reading and singing to the new baby to strengthen brain and language development and parental bonding, contributing to the child's lifelong success.



Kids on the Block

Trained professional puppeteer educators visit elementary schools and community organizations to present engaging programs that empower students to seek help from trusted adults. The program equips students with knowledge and skills to take action. Topics

include bullying, stranger awareness, divorce, child abuse, conflict resolution, and anger management.

Positive Parenting

The Positive Parenting program uses the Parents as Teachers™ curriculum to improve child health and well-being, increase home safety and teach effective parenting skills and school readiness. The program gives information and assistance that enhances the intellectual, language, social and physical development of children.



Family Connects

Nurses visit in home and answer questions and share knowledge about the wealth of resources in our community, offering support with baby weight checks, mom health check, breast or bottle feeding help, postpartum depression screening, and more.



HealthySteps

HealthySteps Specialists encourage positive parenting and healthy baby/toddler development by partnering with pediatric primary care providers. They bring focus to the key social, emotional, and cognitive skills important to healthy development, as well as offering screenings and a child development support line. HealthySteps Specialists identify whether children are reaching developmental milestones, help connect families to additional services, and answer families' questions about child development and well-being so all babies and toddlers have a strong start in life.



Therapy

The Parent Child Center of Tulsa is a safe place to turn to when families need therapeutic help. Our therapists specialize in infant and child mental health and help parents and children have healthier, safe, more rewarding relationships. The primary evidence-based family treatment models we offer are: Child-Parent Psychotherapy (CPP), Parent-Child Interaction Therapy (PCIT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and protective parenting groups: Circle of Security, Compassion Workshop and Nurturing Parenting.



SafeCare

SafeCare provides parent education for pregnant women and parents of children who have experienced risk factors for abuse or neglect. SafeCare is a voluntary program that offers intensive family support.