

Goal\$ and Assets: Family Conversations About Money

Announcing a new six-week ongoing group series product available from Parents as Teachers!

This six-session group series was designed to support family well-being by increasing financial literacy and parents' sense of self-efficacy. The *Goal\$ and Assets* series includes everything needed for the successful facilitation of each session, whether it is offered in English or Spanish or bilingually.

Each one-hour session builds on parents' existing knowledge – whatever their starting point may be – and offers opportunities for them to share experiences, ask questions, and reflect on their own strengths and concerns. In addition, because children's ideas about money are shaped before age 7, each week highlights take-home activities for parent-child interaction. Topics include:

- > Week 1: Introduction and current strengths
- > Week 2: Goals for myself, my family, and my children
- > Week 3: Current priorities and trade-offs
- > Week 4: Topic chosen by participants, based on their collective goals
- > Week 5: Looking back
- > Week 6: Sharing and supporting next steps

Why groups matter

Parents learn a great deal from other parents. A group setting helps build support networks with other families across communities. Parents are able to learn from and support each other with the encouragement of group facilitators.

Gathering as a group helps adults develop friendships, form new support networks, share common experiences, and discover new ideas for addressing the day-to-day challenges of parenting. A study undertaken by a Fontbonne University researcher focused on the Parents as Teachers *What You Do Matters* series. The initial report stated that “there is strong evidence that participation in the series increased parent self-efficacy.” The *Goal\$ and Assets* series has been designed to provide the same benefits to parents.



Parents as Teachers®



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GOAL\$ AND ASSETS: Family Conversations About Money

This product comes on a USB drive that includes the following contents for each week:

- > A facilitation guide (in English and Spanish)
- > Facilitator resources (in English)
- > Parent handouts (in English and Spanish)
- > Presentation slides (in English and Spanish)

Supportive documents and resources for the series as a whole include:

- > Supply list
- > Sign-in sheets
- > Feedback forms
- > Promotional flyers
- > Completion certificates

All children will learn, grow, and develop to realize their full potential.

A strengths-based approach

Goal\$ and Assets supports the development of the Strengthening Families™ Protective Factors developed by the Center for the Study of Social Policy. In particular, it contributes to:

- > **Parental resilience** – Managing the stressors of daily life, proactively meeting personal challenges, believing that one can make and achieve goals, solving general life problems, having a positive attitude, and seeking help for oneself when needed.
- > **Social connections** – Building trusting relationships, having supportive people who help buffer one from stressors, feeling secure, and being empowered to give back to others.
- > **Concrete support in times of need** – Being resourceful, finding basic necessities, navigating through service systems, seeking help when needed, and having financial security to cover basic needs and unexpected costs.

How all of this leads to family engagement

Family engagement is an intentional, ongoing partnership to which all parties contribute. When programs offer activities and groups in collaboration with parents, it promotes parenting growth as well as children's development, learning, and wellness.

The *Goal\$ and Assets* series supports the family well-being area of emphasis in the Parents as Teachers *Foundational Curriculum*, focusing on the categories of basic essentials and education and employment.

For more information:

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About Parents as Teachers

Parents as Teachers offers a portfolio of resources and training that are relevant – and widely applicable – to today's parents, families, and children, especially those most vulnerable. Through Parents as Teachers, educators, child care providers, and health providers help communities partner with parents to do a better job of preparing children for a stronger start in life – for example, through early detection of developmental delays and health issues – and for greater success in school.

Approach

The Parents as Teachers approach is to partner, facilitate, and reflect. We do this at every level of our organization, from a parent educator visiting a family in their home all the way to the work of the national center.

