

Positive  
Discipline In  
Everyday Life

# Newsletter

## **A Pilot Project: The Online PDEP COVID-19 “Booster”**

In the December newsletter, we announced our creation of an online Booster Program for parents who have taken PDEP but need extra support during the pandemic.

With funding from the Public Health Agency of Canada, we have now successfully trained 33 PDEP Facilitators in Canada who have begun piloting the PDEP COVID-19 Booster in their communities.

In this newsletter, we are delighted to tell you about this project and share some preliminary evaluation results.



### Contents

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A Pilot Project: The Online PDEP COVID-19 “Booster”	1
Booster Program FAQs	2-3
Your Attention Please!	4
About Us	5

## Why a Booster Program?

The pandemic has created so many new challenges for parents and their children – working from home, job losses, worrying about COVID-19 exposure at school, and revolving school closures to name a few. Our increasing concern for children and their families at this time led us to create the **PDEP Online Covid-19 Booster**.



## How was the COVID-19 Booster Program developed?

The idea was inspired by a follow-up program created by one of our Partner agencies, *Mosaic Newcomer Family Resource Centre* in Winnipeg. They found that, like a vaccine, this follow-up program boosted parents' knowledge, skills and confidence in using the PDEP approach. Mosaic's program became our prototype, which we recreated to focus on problem solving issues commonly faced by families at this stress-filled time.

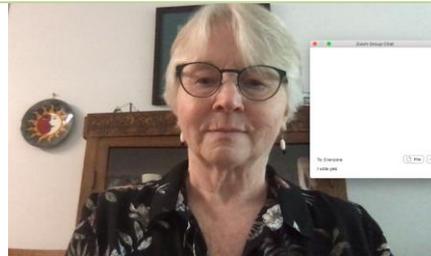
## What's covered in the COVID-19 Booster Program?

During six 2-hour sessions, the program provides an orientation to online learning, a review of the PDEP model, techniques to enhance self-regulation, problem-solving practice sessions focused on pandemic-related challenges (e.g., young children needing attention while parents are working; older children meeting up with friends); and discussions of how problem solving differs from imposing 'consequences' (e.g., rewards, time out, taking things away, grounding).

## How was the program piloted?

After several months of developing the program, a training process for Facilitators, a technical guide, and an online delivery platform, the pilot phase began. Experienced PDEP Country Trainers and Program Facilitators from across Canada attended two half-day online training sessions

To learn the necessary facilitation and technical skills. Then they formed teams and planned their Booster delivery to parents. A PDEP Master Trainer held weekly online 'office hours' to provide support for facilitators.



At this time, seven teams are delivering Booster programs in Manitoba, Alberta and Ontario. Most of the remaining teams will be delivering the PDEP COVID-19 Booster Program this spring.

## What has been the impact of the COVID-19 Booster Program?

The response from parents has been very positive.

In a confidential online questionnaire at the end of the Booster:

- 95% reported feeling more confident about managing conflict
- 100% reported problem-solving more successfully
- 100% reported being able to self-regulate more effectively
- 76% reported feeling angry less often
- 100% reported a reduction in their overall stress
- 100% reported feeling connected to the other program participants

"Awesome program."  
- Booster Participant

"Excellent refresher.  
So glad I participated."  
- Booster participant

"Very helpful  
and great program."  
- Booster participant

## We are thankful for the skills and energy of our PDEP Program Facilitators who delivered the Booster so successfully!

"Thanks for one more  
awesome program!"  
- Booster participant

"It was an amazing program  
and the facilitators were really  
awesome. I learned lots of things  
from this program. Now I am very  
calm with my child."  
- Booster participant

## What's next?

We will continue to assess the program as we receive more data from parents. Once we are fully confident of its impact, we will develop a strategy to train more PDEP Facilitators in how to deliver it. Watch for an update in our upcoming newsletters!

## Your Attention Please!



### Facilitators and Country Trainers: Please stay updated

We update the PDEP materials on an ongoing basis. For example, **62 countries** have now prohibited all corporal punishment of children! As countries join the list, we add them to the Facilitator Training slides. We also continually update the Parent Program slides based on Facilitators' input and current research.

Every time you start planning a Parent Program or Facilitator Training, please login to the PDEL website ([www.positivedisciplineeveryday.com](http://www.positivedisciplineeveryday.com)) to ensure you are using the most up-to-date materials.

If you have not yet registered on the website, please contact Cyma right away! [ctolaj.pdel@outlook.com](mailto:ctolaj.pdel@outlook.com). She will happily assist you.

### Country Trainers: Please send us your lists of new Facilitators

Please remember to send us your **Participant Contact Information Lists** immediately after you complete a Facilitator Training. This helps us refer parents seeking out PDEP programs to Facilitators in their region. It also ensures that new Facilitators have access to the most up-to-date materials in each language. New Facilitators will receive a warm welcome and will be invited to join our newsletter distribution list.

## Check out our Interactive PDEP Map!

<https://positivedisciplineeveryday.com/wherepdep-delivered>



Click on a country to see a fact sheet on how many parents we've reached and PDEP's impact in that country. These fact sheets can be a valuable resource for reports or grant applications.

But mostly they help us all feel connected, knowing that we have a 'family' of support around the world.



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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 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.