



LINCOLN HEALTH FOUNDATION

Improving Health Care and Outcomes for Residents of Lincoln Parish

Initiative:	Healthier Living
Project Name:	Continuation of the Parents' Academy for Lincoln Parish Schools and Parental Health & Educational Support Network – Year #2
Funding Period:	July 1, 2012 – August 31, 2013
Date of Funding:	June 20, 2012
Project Coordinator:	Susan Black
Project Administration:	Family Child Studies Dept., and Nutrition Department of Louisiana Tech University
Total Funding Approved:	\$ 60,636.99
Project Status:	In Progress

Program Summary

To continue the Parents' Academy for the primary purpose of developing a forum for communicating with parents issues related to the health of children such as nutrition and general parenting skills, child growth and development milestones which will provide parents with the knowledge and skills to support their children's involvement with improved nutrition, increased physical activity, and success in school.

Grant Objectives:

The primary goals of the Parents' Academy Parental Health & Education Support Network program are to:

1. Increase parenting skills and promote positive parenting styles.
2. Increase parents' awareness of improving and supporting child and family nutritional choices.
3. Increase parent's physical activity knowledge and participation in family physical activity.
4. Increase children's physical activity knowledge and participation in family physical activity.

5. Decrease parents' and children's perceptions of stress levels.
6. Develop peer mentor program for self-sustainability of the program into future years.
7. Continue to develop online presence for the Parent Academy and increase public awareness of the Parent Academy objectives.
8. Focus recruitment on parents of younger children to build the recognition and support of the Parent Academy.
9. Investigate and choose developmentally appropriate materials for parents of children 5 years and younger. Customize material as necessary.
10. Focus recruitment in more concentrated populations such as Lincoln Parish Early Childhood Center and Head Starts Programs. Utilize Louisiana Tech University publicity department for visibility and awareness promotion.
11. To promote sustainability of the academy, use previous year's parents as peer mentors. Continue education for peer mentors in parenting and train them in mentorship development.
12. Continue with the location of the Academy at the Early Childhood Center. This was an excellent neutral location for housing the workshops.
13. Continue to utilize the Parent Academy website to allow parents to access each other for support.