

Positive Discipline In Everyday Life

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News from PDEL

We're rolling out a trauma-and-violence-informed version of Positive Discipline in Everyday Parenting!

Trauma-and-Violence Informed PDEP

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What does it mean for me?

Can I still deliver the original version? What if I want to deliver the new version?

News from PDEL

We are excited to announce the launch of a new version of PDEP that is infused with trauma-and-violence-informed practice. This year, 68 Facilitators were trained in the new version in Ottawa, Winnipeg, and Richmond BC. Now, we're evaluating those Trainings. Soon, we'll be ready to deliver Trainings in other regions of Canada.

This newsletter will tell you about the new version of PDEP and what it means for you.

Located in Canada, PDEL respectfully recognizes and acknowledges the relationship that the First Nations, Inuit and Métis across Canada have with this land and whose presence here reaches back to time immemorial.

PDEL values equity, diversity, and inclusion of all people and their individual differences including but not limited to race, ethnicity, and national origin, colour, religion, age, sex, sexual orientation, gender identity, gender expression, family status, marital status, and range of abilities.

Why Trauma-and-Violence-Informed PDEP?

By Joan Durrant, PhD

More than 75% of adults in Canada have experienced significant trauma. More than 50% have had at least one adverse childhood experience. Therefore, it's very likely that several participants in every PDEP parent group have experienced a highly stressful or traumatic event.

These experiences might include physical/emotional/sexual/gender-based violence; bullying and exclusion; separation and loss; racism and discrimination; natural disasters; or conflict and war.

These experiences can make it more difficult to build trust and can create a narrower 'window of tolerance' for stress.

As participants discuss parenting, reflect on their own actions, and recall childhood events, feelings of guilt, shame, fear, sadness, anxiety and even terror can be activated.

To better support all participants, we have revised PDEP with the intention of building a stronger foundation of safety in all parent groups. This work is supported by the Public Health Agency of Canada.

What is Trauma-and-Violence-Informed PDEP?



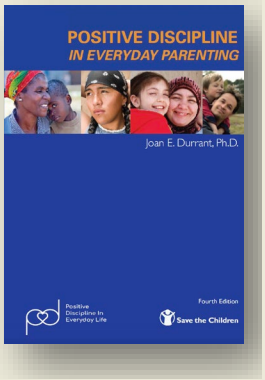
The core PDEP concepts and principles remain intact in the new version. The program is still rights-based, developmentally informed, and inclusive of all children and parents/caregivers.

Some changes are:

- An intentional focus on creating a safe place for learning throughout the program.
- Addition of Self-Regulation as a core component of the PDEP Model.
- New self-regulation activities to calm participants' nervous systems prior to potentially activating discussions.
- Addressing guilt, regret and making repairs.
- New imagery of development as a continuous journey throughout life.
- New activities to illustrate key concepts.
- New content on sexual and gender development and their importance to identity formation.
- More conscious interweaving of the various program threads.

What Does this Mean for Me?

Can I still deliver the original version of PDEP?



Parent Book 4th Edition

Yes! If you have been trained in the original version of PDEP, you can still deliver it. It is the same solid, rights-based, impactful program it always has been.

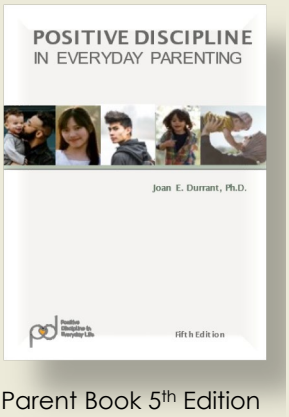
There is no requirement to be re-trained in the new version.

If you are delivering the original program, you can still obtain the dark blue Parent Books (4th edition) from **Families Canada**.
https://shop.familiescanada.ca/products/positive-discipline-in-everyday-parenting

This version of the book must be used with the original version of PDEP.

We plan to offer refreshers in the original version in January 2024. We will send the registration form to all previously trained PDEP Facilitators. For more information, please write to Ask.PDEL@outlook.com

What if I want to deliver the new version of PDEP?



Parent Book 5th Edition

If you want to deliver the trauma-and-violence-informed version of PDEP, you must take the new in-person Facilitator Training, which is being rolled out only in Canada at the present time.

Some changes to the Training are:

- It is now 5 days long in order to include sufficient content on the impact of trauma on parenting and addressing emotional activation in PDEP groups.

- The new version of PDEP must be delivered by pairs of Co-facilitators who have both taken the trauma-and-violence-informed Training.

When you take the new Facilitator Training, you will receive a fully revised Facilitator Manual and you will have access to the new program materials. You will also receive the new Parent Book (5th edition), which can only be obtained through **PDEL**. This version of the book must be used with the new version of PDEP. It should not be used with the original version.

Where can I take the new Facilitator Training?

At this time, we are evaluating the new Training to ensure it meets our objectives. We will begin offering more Trainings in Canada in 2024.

If you're interested
in taking the new Training
or
if you have agency partners
who could organize a Training,
please let us know:

Ask.PDEL@outlook.com

About Positive Discipline in Everyday Life

Positive Discipline in Everyday Life (PDEL) is a Canadian registered charity dedicated to promoting healthy adult-child relationships.

We provide **programs for parents and caregivers** to help them handle conflict with children in a way that promotes healthy development and relationships.

We provide **training for service providers** who want to deliver our programs to parents and caregivers of all ages, circumstances, cultures, sexual orientations, gender identities, gender expressions, languages, and faiths.

We **partner with organizations** across Canada and around the globe to introduce our programs to communities and governments, provide training for staff, and support scale-up of our programs in a sustainable and impactful way.

Positive Discipline In Everyday Life

Email us:
Ask.PDEL@outlook.com

Find us on the Web:
www.pdel.org

Registered Charity#:
705841492 RR0001

PDEL's partners
in the development and piloting
of trauma-and-violence-informed PDEP

Richmond family PLACE

mosaic
Newcomer Family Resource Network

Centre des services communautaires Vanier
Vanier Community Services Centre
1980

Financial contribution from

Public Health Agency of Canada
Agence de la santé publique du Canada