



# Being a parent is hard work.

Parents as Teachers helps you understand child development and connects you to the resources you need to make the best choices for your family.

Parents as Teachers offers free personal visits customized for the needs of *your* family.

"Being a parent isn't what I expected. You need to help them develop into their own little person, and I wouldn't have known how to do it without Parents as Teachers."



## How do you help your children develop, learn, and grow to realize their full potential?



Parents as Teachers®

**It's free. Enroll today!**

### Together on each visit, we'll:

- > Look at *your* child's development and talk about the parenting challenges you face right now.
- > Think about family dynamics impacting your child's development, your parenting values and decisions.
- > Build strong protective factors to keep you, your child and your family healthy, strong and resilient.



"It makes me look at things a lot differently and be a lot more creative with how I do things."



### Anna's Story

Anna was a teenage mom living in a shelter when she was referred to Parents as Teachers. Over the course of their visits, her parent educator helped Anna see how important she was to her children's development and connected her to resources in speech therapy and pre-kindergarten education. "Parents as Teachers is an excellent program to prepare children – and parents – for school," says Anna. "I read more now; I'm more hands-on with my kids. We play all types of games and use our imaginations, and we can turn even the basic everyday things, like cooking meals and cleaning the house, into a game now. I wasn't doing those things before. Parents as Teachers really taught me how to be a teacher, as well as a parent."



### Misti's Story

Misti first enrolled in Parents as Teachers to improve her parenting skills with her son, Michael. When he was

3 years old, her parent educator noticed he was lagging behind in a few areas. She encouraged Misti to visit the pediatrician, who diagnosed Michael with autism. Thanks to early intervention, Michael is now a successful student and interacts with his classmates. "With my son having autism, I could have lost my child, but because of the early intervention services Parents as Teachers connected me to, I was able to have a verbal child who can interact socially now."



## How does it work?

Since this is *your* child and *your* family, you set the agenda for each personal visit. Your personal parent educator is there to provide well-researched information to help you make good parenting decisions ... and to provide concrete support for you in times of need.

Group connections also link you to other parents so you can learn and support each other, and grow together as parents.

Regular screenings will make sure your child is healthy, safe and developing on track.

Need more help or a special resource? Your parent educator will make the introduction and connect you.



## Parents as Teachers children are healthy, safe and ready to learn.

- > They're healthier.
- > They score higher on kindergarten readiness tests.
- > They're better problem solvers.
- > They're more advanced in language and social development.

## Parents as Teachers parents are more informed.

- > Be more involved in your child's education.
- > Connect to your child through play and reading time.
- > Be confident in your role as a parent.

# Enroll today!

# “Having someone take the time to talk with me, one-on-one, about parenting makes me feel useful, needed and very necessary!”

In the first few years children learn more – and at a faster pace – than at any other time in life! Be ready to parent! Parents as Teachers can help.

## How to Enroll in...

Knox County Parents as Teachers

Call: 865.594.1159 or 865.215.5120

Email: [pat@knoxcounty.org](mailto:pat@knoxcounty.org)

[www.knoxcounty/health/parents\\_as\\_teachers/](http://www.knoxcounty/health/parents_as_teachers/)



Parents as Teachers, Knox County



Parents as Teachers®