



BROWN BAG FAQs

What is the Brown Bag Parenting Education program?

Presented by Delaware State University Cooperative Extension, Brown Bag Parenting is a research-based, correspondence program. The program provides an alternative to on-site parenting classes and can be completed at a client's own pace in the comfort of their home.

Why is Brown Bag Parenting a viable option for DHSS clients?

Brown Bag Parenting provides an alternative to classroom parenting education and is approved by DHSS. Brown Bag Parenting meets the parenting education requirements for Delaware TANF clients.

How many lessons are included in the Brown Bag Program?

Eight lessons comprise the program, along with quizzes and assessments to evaluate the client's knowledge. Upon completion of the eight modules and submission of necessary paperwork, participants receive a certificate of completion.

Lessons include: Managing sibling rivalry, preparing healthful and nutritious snacks, and increasing family engagement. On average, it takes participants 1-1.5 hours to complete each lesson.

Who is the targeted demographic of Brown Bag Parenting?

Parents, grandparents, and guardians who receive TANF cash benefits.

I'm a grandparent caring for my grandchildren. Why do I have to take a parenting education course?

Parent education can promote well-being, and strengthen families and communities to prevent child abuse and neglect. Research shows that effective parental training and family interventions can change parents' attitudes and behaviors, promote protective factors, and lead to positive outcomes for both parents and children (Lundahl & Harris, 2006). Parenting education is a win-win for families!

Is the program free?

Yes. However, the program requires an investment of time and effort.

How do I register?

Online: <https://cars.desu.edu/brown-bag-parenting-education>

Call: 302.857.8008

