



## **The Parenting D.A.N.C.E. (Delivering Approaches to Nurture Children's Emotions)**

### **Key Goals**

Increased parenting skills for emotion regulation; increased positive parenting behaviors

### **Overview**

*The Parenting D.A.N.C.E.* is a brief, strengths-based parenting program. This program, developed by the MOMS Partnership™, includes both group and individual sessions—allowing individualized reinforcement of skills through video feedback. Parents learn:

- Skills/behaviors that build positive qualities in the parent-child relationship
- Skills for tuning into, understanding, and managing children's (and their own) emotions

### **Intended Audience**

Mothers or other female primary caregivers with a child between 0-12 years old.

### **Format**

*The Parenting D.A.N.C.E.* is delivered in 8 sessions—6 group sessions (90 minutes each) and 2 individual sessions (45 minutes each). Participants are grouped (~6/group) by child's age—0-3, 4-6, 7-9, or 10-12 years. Each participant and child engages in a videotaped, 20-minute interaction before the intervention begins. Video clips—demonstrating positive examples of target parenting skills—are later reviewed in individual and group sessions.

### **Technical Equipment & Space Requirements**

- Video recording device, video playback equipment, video editing software
- Group space with a table
- Space to accommodate parent-child interaction (e.g., small office)

### **Incentives**

Assessment visits (\$25-50) and attendance at weekly sessions (\$15-20) are incentivized.

### **Key Outcomes**

Parenting satisfaction, parental involvement, parental sensitivity, parent self-regulation skills, dyadic reciprocity, child social-emotional functioning

### **Fidelity**

- Treatment adherence: extensiveness with which key goals and core concepts are addressed
- Quality of delivery: core competencies/skills exhibited by instructors
- Exposure and participant adherence: attendance, homework compliance