



Family Service of Roanoke Valley

Strengthen Families. Heal Trauma. Restore Hope.

Parent Aide Information

Who are Parent Aides?

Parent Aides are people who understand the unique challenges of being a parent. A parent aide can not solve all problems, but they can help teach parents how to raise children more effectively.

A parent aide is a friend: someone who can relate to parents and parental concerns in a way that is informal and supportive.

A parent aide is also a role model for parents. Through training and experience, parent aides possess basic family-living skills. Many parent aides have children themselves.

Why are Parent Aides useful?

Raising a family is a big job and sometimes it is overwhelming. No one knows the challenges and struggles better than the parent; raising children can be especially difficult if you are a single parent. This is where parent aides come in – to give parents support when the job of parenting seems just too big to handle. A parent aide can help parents meet challenges, so that their life can be easier and more rewarding.

What do Parent Aides Do?

- Transportation – so parents can keep school and medical appointments
- Budget Planning – how family needs and wants can best be met
- Explore Child Care Options – fitting child's needs and parent's schedule and income
- Household Management – tips on meal planning, shopping, cooking and more
- Dealing with Professionals – benefiting parents with housing, education and job training programs
- Emergency Needs – food, clothing, utilities and health care
- Emotional Support – helping parents meet needs, allowing parents to:
 - Feel more relaxed. A parent aide can help meet the demands of children, job and home, leaving parents more time to do things they enjoy.
 - Be more involved. The encouragement and understanding parents receive can help build stronger ties with family and others.
 - Be more confident. Knowing they can handle child care and homemaking tasks effectively can give parents a good feeling of self-confidence.
- Help parents learn to meet children's needs. Parenting takes time, love, patience, and training!! Parent aides share with the practical skills every parent needs to meet their child's needs.
 - Physical Needs: Proper nutrition, exercise, rest safety and health care.
 - Educational Needs: Children need to learn and master new skills.
 - Emotional Needs: Children need to be loved, accepted, praised and made to feel secure.
 - Need for Discipline: Children need discipline that is firm, fair and consistent.

Managing a family isn't always easy, but parent aides can help: Meet both parent and family needs. Strengthen families. Become a more confident and relaxed parent.

Our job is to work with families to keep them together or bring them back together.