



OP-ED FOR NATIONAL PARENTING EDUCATION DAY 2025

For immediate release

Healthy, happy families are the bedrock of society . . . and who creates this foundation? Parents do, every day, through their efforts, large and small. Given what we know about how much parents and caregivers are “under pressure” ([Surgeon General’s Report -https://www.hhs.gov/surgeongeneral/priorities/parents/index.html](https://www.hhs.gov/surgeongeneral/priorities/parents/index.html)), it’s time to focus on prevention and mitigation, not only intervention. What better antidote to these stressors than parenting education!

Some people aren’t aware that parenting education exists. Many parents and caregivers today seek out parenting information from the internet, where most advice is from non-credentialed, self-proclaimed “experts” giving misinformation or personal opinions. And, sadly, even though the U.S. Surgeon General published at least seven advisories or warnings in the past three years about issues affecting families, he never mentioned parenting education as a solution.

For 60+ years, parenting education has been widely publicly available through various resources. Although the field has focused on its professionals’ credentials and giving quality information, the potential of the field of parenting education remains clearly undervalued. Those who are familiar often misunderstand what it is, associating it exclusively with child maltreatment. Parents and caregivers may not attend parenting classes because of the stigma that classes or workshops are for “bad” parents. This is perpetuated by agencies who only offer free services through grant funding to low-income high-risk parents. The current mental health crisis affecting adults and young people, across demographics, calls for a coordinated, positive, preventative, multi-dimensional strategy that would promote and fund parenting education.

This is why the National Parenting Education Network (<https://npen.org>) is proud to announce *the first Friday in April* as **National Parenting Education Day** to recognize the importance of parenting education and to honor parenting educators. This year the event will be celebrated on April 4, 2025.

Parenting education strengthens families by:

- ✓ building competence and confidence in parenting skills through practical, effective, research-based educational programming that consistently produces positive long-term outcomes,
- ✓ increasing their capacity to respond effectively to the ups and downs of family life,
- ✓ expanding social networks, reducing social isolation and stress,
- ✓ improving parents’ and caregivers’ knowledge of the range of normal child development,
- ✓ helping to identify potential childhood developmental delays and assisting parents in connecting with intervention services,



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- ✓ destigmatizing the need for assistance in rearing children,
- ✓ facilitating positive parent-child connections, and
- ✓ enabling parents, and those in parenting roles, to identify and reach their personal, parenting, and family goals.

Parenting educators:

- ✓ are caring, trained, and credentialed professionals who support individuals and families, respecting parents' rights to create their unique family culture,
- ✓ have received research-based specialized education in family science and human development,
- ✓ help prevent adverse childhood experiences (ACEs) and interrupt the intergenerational transmission of trauma
- ✓ encourage parents to choose universally effective responses that fit their individual child and family circumstances,
- ✓ offer guidance to families when additional services are needed, and
- ✓ supply one of the most cost-effective, proactive social services available!

The National Parenting Education Network (NPEN) is the leading U.S. professional organization, representing parenting educators and family practitioners who work in various settings. Founded in 1996, NPEN supports parenting educators, and the field of parenting education, through webinars, conferences, and networking opportunities. It has also created a robust set of competencies necessary for providing high quality parenting education.

NPEN's vision is that all parents and families will have the information, resources, and support needed to provide a nurturing relationship and an environment that will encourage their children's healthy growth and development.

How can we, in our own communities and in society at large, do more to help create healthy, happy families? Parenting education is the answer to this urgent question!

Join NPEN in celebrating National Parenting Education Day on April 4, 2025!