



Delta First 5 offers parenting support

by Amy Schrader
Correspondent

Nayeli is a typical 3-year-old. Her smile lights up the room. She loves dolls, princesses and playing dress up. She loves her play kitchen and her 5-month-old sister Kimberly.

What many people may not realize though is Nayeli occasionally has tantrums and meltdowns, especially at bedtime. When most parents are tucking their children in, Nayeli's parents are struggling.

"She freaks out," said Araceli Oregel, Nayeli's mother. "It's exhausting." Oregel turned to her friends and family for support, but had not found a way to deal with her daughter's behavior until she became a member of Delta First 5 Center in Brentwood.

Oregel has found support in a local parenting group at the First 5 Center called Triple P (Positive Parenting Program), which is designed to help parents develop skills to deal with difficult childhood behaviors. "The program prevents and treats behavioral, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of the parents," said Lynnett Hernandez-Kinnaird, director of the Delta First 5 Center in Brentwood. "It reduces the risk of child abuse and brings families together."

Since participating in the program, as well as other classes at the First 5 Center, Oregel has already noticed a positive difference in not only her daughter's behavior, but her own parenting techniques.

"I used to scream when I was frustrated," Oregel said. "Since I started Triple P, I stopped screaming and saying the word 'no.' Instead, I've learned to use positive language to redirect her behavior, and I saw a difference within a week."

Parents participating in the Triple P classes attend a series of eight weekly group sessions and receive coaching to help them develop strategies to address specific childhood behaviors. COPE Family Support Center trains organizations and implements the curriculum. The weekly meetings are



Photo by Amy Schrader

Araceli and Miguel Oregel, parents of Nayeli and Kimberly, became members at the Delta First 5 Center in Brentwood to meet other parents and discuss parenting solutions.

small and short, featuring discussions between 10 to 12 parents who are experiencing the same parenting issues.

“First 5 is here for everyone in the community,” says Hernandez-Kinnaird. “It’s a great place for families.”

First 5 Contra Costa is funding Triple P services in conjunction with Contra Costa Health Services. First 5 is a program for expectant parents and parents with children up to 5 years. Since the first five years of life are critical to development, this program is aimed at taking advantage of

this five-year period to ensure that children have a healthy and strong foundation. First 5 Centers offer a variety of parenting classes, all of which are free.

Kids can sign up for art, gardening, dancing and soccer classes as well as playgroups. There are also lunch groups, book discussions and date nights for parents.

To find out more about Triple P and Delta First 5 programs, visit www.firstfivecc.org. Delta First 5 Center is located at 760 First St. in Brentwood.

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