

EMPOWERED PARENTING™



Empowered Parenting is a self-paced, micro-learning series that reduces parenting stress, strengthens family relationships, and builds everyday resilience—preventing staff burnout and without increasing workload.

When caregivers feel supported, they are more present at home, more engaged in their communities, and better able to support their children's development, school success, and everyday activities.

Why Parenting Support Matters

Parenting stress affects family stability, child development, and engagement with programs and services. Many programs respond after stress escalates. **Empowered Parenting** takes a preventive approach—building practical skills early to strengthen outcomes across families and communities.

How Empowered Parenting Works



10-minute
micro lessons



Digital and mobile-
friendly access



Designed for use anytime—
during breaks or on the go



No facilitation or
group coordination

Who Empowered Parenting is For

- ✓ Employers and workforce wellness leaders
- ✓ Schools and education-based family engagement teams
- ✓ Community organizations and family support providers
- ✓ Healthcare and prevention-focused initiatives
- ✓ Programs serving caregivers across diverse families



Why Empowered Parenting Works

Empowered Parenting is aligned with Positive and Compensatory Experiences (PACEs)—everyday interactions that help buffer stress and support healthy development. It is practical and designed for real life, while remaining inclusive and adaptable across all ages, family structures, and caregiver roles.

[LEARN MORE](#)



Nurturing Connections, Inspiring Change.

Great Kids empowers families and professionals with practical, research-based tools and trainings to foster strong connections, support resilience, and promote healthy development. 3+ decades of experience & over 50,000 people certified.