

EMPOWERING PARENTS



Research-based information
that fits your family

Raising children while navigating recovery from substance use disorder brings many challenges and opportunities. Too often, parents in recovery experience stigma and shame related to their past actions, which can make it difficult to seek support with their parenting. Recognizing these realities, the Public Science Collaborative partnered with Iowa State University Extension and Outreach's long-standing and nationally-recognized *The Science of Parenting* podcast to create a season focused on the common challenges for parents in recovery.

Sharing Research & Reality

The Science of Parenting podcast season strives to empower parents in recovery with trustworthy parenting information shared in a relatable, engaging, easy to access, and non-judgmental way. The podcast topics and content were collaboratively designed with parenting experts and parents with lived experience, two perspectives seen in the podcast season cohorts. The episode titles and brief descriptions can be found in the next column.

Podcasting to Reach Parents

Podcasts are an effective way to reach parents who may be interested in the information but may not be comfortable attending a group parenting class. This platform allows them to access the content privately from any internet-enabled device.



The podcast is cross-posted on the Recovery Iowa website and on all of *The Science of Parenting* channels and social media, in an effort to maximize the reach and audience who may benefit from this content.

← **Scan here to watch the podcast and learn more!**



Raising Resilience

When life is hard, how can our family cope? What do we prioritize when we have to make tough choices? Listen to our season opener to learn what parents can offer our kids to help turn their adversity into resilience!



Good Enough Parenting

When facing competing demands and difficult situations, sometimes we have to settle for "good enough parenting". What does it mean to lower the bar, and how do we still meet the needs of our kids when we can't give 100%? Tune in to this episode to find out.



Threats to Safety

Ideally, every family and child would have a safe and consistent home environment. When that's not the case, parents are often forced to make hard decisions for the wellbeing of their children. Listen in to hear us discuss approaches for protecting kids and a framework that provides hope!



Custody, Kinship Care, Coparenting

When we share the responsibilities of caring for children with other adults, it comes with opportunities and challenges. Listen in for strategies for resolving conflicts and working together to create a nurturing environment for the kids!



Repair and Rebuild

Even with our best efforts, we will still sometimes do something that was hurtful to our child. In this season's finale, our hosts share personal experiences and discuss research on the components of an apology and discuss a specific strategy for repairing parent-child relationships!