

**Building Foundations**  
**A Curriculum Guide For Supported Parenting**  
*by Bridget McCusker & Bernadette Irwin*

**Purpose:**

- Present a conceptual framework for supporting parents with cognitive limitations
- Share the Growing Together experience in supporting parents with cognitive limitations
- Provide insight into the unique challenges and joys of being a parent
- Provide teaching and other supportive strategies in ten areas critical to parenting
- Provide additional resources

**Overview:**

*Part I: **Creating a Framework*** provides the conceptual framework for supporting parents with cognitive limitations.

*Part II: **Strategies*** provides instructional strategies as well as methods for teaching a particular skill or skills.

*Part III: **Core Areas and Resources*** covers ten areas pertinent to parenting and independent living skills.

The guide may be used for training new staff, as a review tool for seasoned staff, and to identify points of discussion during staff meetings, staff development and supervision.

**Also included in the Building Foundations Curriculum Guide:**

- Extensive resources
- Best Practices for Supporting Parents with Cognitive Limitations
- An overview of Growing Together, the center-based supported parenting program at PACT: Helping Children with Special Needs
- A discussion of the American Association on Mental Retardation definition of Mental Retardation
- Suggestions for promoting self-advocacy
- And much, much more...

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