

# Book Groups

## Parent Engagement Network

### Boulder, CO



COLORADO  
Department of Education

Parent Engagement Network (PEN) Parenting Book Groups have been offered to Boulder Valley parents since 2007, working in partnership with the Boulder Valley School district. Parenting book groups were originally organized by parent volunteers from the Parent Engagement Network, with support from “Please Stop the Rollercoaster” book author, Sue Blaney. The Parenting Book Groups continue to be planned and implemented with the assistance of PEN Parenting Book Group Coordinator.

Parents and caring adults of all K-12 school age children are the target audience. School teachers and staff may also express interest in starting a group and this program can easily serve their needs.



PEN supports interested parents to come together to form the book groups based on a range of varied books and topic areas that support effective parenting. Specific content areas may include child & adolescent development, ADD/ADHD, resilience, or bullying, for example. Book authors, professionals, and other community organizations have collaborated with the book groups in the past.

Parent Engagement Network programs, including the Parenting Book Groups, link indirectly to student outcomes. PEN Programs create school and community context for supporting youth by empowering, engaging, and educating the most important influences in their lives: parents and caring adults. Research shows that children with connected parents are not only more likely to be involved in fewer risk-taking behaviors; they are also more likely to be resilient in the face of life’s challenges.

Many busy parents of youth don’t have enough time to connect with their peers or build a network of support. PEN Parenting Book Groups not only help inform parents about stages of a child’s development, but they also help parents connect with other parents that are dealing with similar questions and issues.

PEN Parenting Book Groups provide parents with a network of resources to build relationships, tools for navigating child and family issues, and opportunities to invest in their student’s success through purposeful conversations leading to sustainable action.