

# MICHIGAN – PMTO

## PARENT MANAGEMENT TRAINING–OREGON MODEL

As caregivers, we want to be in charge and empowered while building positive relationships with our children. We want to be prepared and confident that we can face any parenting challenge that comes our way.

### What is PMTO?

PMTO stands for Parent Management Training–Oregon Model. PMTO is an evidence-based program based on more than 50 years of ongoing research.



### SETTING PARENTS UP FOR SUCCESS



- Takes a strengths-based approach
- Focuses on positive parenting strategies
- It is unique, fun, active, and engaging!
- It allows caregivers to practice skills beforehand so they're ready to respond at home.

### PMTO RECOGNIZES THAT PARENTS:

- Are the experts on their children and families
- Are their children's best teachers
- Are the primary change agents in their family

PMTO promotes prosocial skills and prevents, reduces, and reverses the development of moderate to severe conduct problems in children and youth.



## WHO IS PMTO FOR?



PMTO is tailored for youth from preschool through adolescence experiencing behavior problems, including:

- Non-compliance, aggression, defiance, hyperactivity, fighting
- Lying, stealing, truancy, fire setting
- Depressed mood, peer problems, deviant peer association
- Difficulty in community (Delinquency)
- Substance abuse
- School problems

## FAMILIES WHO MAY BENEFIT FROM PMTO INCLUDE:

- Families interested in adding new tools to their parenting toolbox.
- Families who have experienced transitions such as divorce, co-parenting, or step-parenting.
- Families or caregivers interested in strengthening their united parenting front.
- Families and caregivers of children/ youth at home or in care.



## PMTO TOOLS & SKILLS:

- Teaching through Encouragement
- Family Problem Solving
- Positive Involvement
- Effective Communication
- Emotional Regulation
- Monitoring
- Limit Setting
- Clear Directions
- School Success
- Mindfulness
- And more!

Get a preview of PMTO and hear directly from parents who have participated by visiting the FREE MI Parenting Resource site at [MIParentingResource.org](https://www.miparentingresource.org).