

PARENTING WHILE BLACK

Growing and Healing Together



WHAT IS PWB?

Parenting While Black (PWB) is an a program for and by Black parents providing tools and supports for raising Black youth.

This interactive, group-based program and curriculum provides primary caregivers with tools to simultaneously support their children's healthy development and their own wellness. A combination of presentations, activities, and discussions are used to promote successful parenting in four key areas:

- Promoting positive racial identity
- Coping with racism
- Educational involvement and advocacy as Black parents
- Black self-care and wellness

WHY THIS PROGRAM?

Black parents are disproportionately exposed to stressful life experiences due to racism. However, how to navigate such challenges is not acknowledged in traditional parenting resources. There is no Black parenting manual or "What to Expect When Expecting Racism."

In response, PWB builds on the existing research and intergenerational knowledge of Black families on race and parenting in order to provide resources for Black caregivers to raise healthy and thriving children. We provide a space of mutual support for families through their parenting journey.

To date, PWB has had strong partnerships with Pittsburgh-area community organizations and measured program impact has been strong. After over 10 cohorts, participants consistently express their appreciation for the program, feel more confident as parents, and display notable increases in effective Black parenting practices.

- Self-identified Black primary caregivers
- 8 weeks, weekday evenings
- In-person, Pittsburgh-area community site
- 2 program experience surveys

THE PWB EXPERIENCE

- Learn best practices in Black parenting from other Black parents
- Support each other in the unique challenges facing Black families and youth
- Engage in conversation and ask questions
- Meals and childcare provided
- Stipend provided for participation

PWB Curriculum

Week 1 & 2: Promoting Racial Pride
Week 3 & 4: Coping with Racial Bias and Discrimination
Week 5 & 6: Black Parents, Youth, and Schools
Week 7 & 8: Mental Health in the Black Community

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From the start to the end of [PWB], the whole experience was very amazing, it was more than we all thought was going to be, and it was much appreciated.

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