November 21, 2019, is National Parent Involvement Day.* This is a day that reinforces awareness of the invaluable role that parents/caregivers and the community play in supporting student learning and public education, and honor their contributions to student success.

Over 40 years of research indicates that when parents/caregivers are strategically involved in children's learning at school and at home, student achievement significantly improves and schools are more effective.

The CEBC has several resources that may help parents/caregivers to be more involved in children’s learning at school and at home, such as:

Father Involvement Resources

Father Involvement Interventions are defined by the CEBC as programs that aim to increase fathers’ active and positive engagement in their children's lives. Father-focused programs promote involvement, provide support and education, teach fathers new parenting skills, and strengthen families.

Depression Treatment Resources

In order for parents/caregivers to be involved in children’s learning, they need to be healthy themselves. Depression Treatment (Adult) is defined by the CEBC as the treatment of adults with a diagnosis of a depressive disorder, or with elevated symptoms of depression as demonstrated by a standardized screening or assessment tool. Common symptoms may include fatigue, difficulty concentrating, difficulty sleeping, feeling worthless, and/or lack of motivation.

*Additional information on National Parent Involvement Day can be found at [https://www.projectappleseed.org/national-parent-day](https://www.projectappleseed.org/national-parent-day)