

COURSE OUTLINE

**Parent Education 10  
Infant 1**

**Catalog Statement**

PARED 10 focuses study on parenting children from 0-8 month of age. Parents (or caregivers) attend class with one or more children of the designated age.

Total Lecture Units: 0.0

Total Laboratory Units: 0.0

**Total Course Units: 0.0**

Total Lecture Hours: 16.0

Total Laboratory Hours: 16.0

Total Laboratory Hours To Be Arranged: 0.0

**Total Faculty Contact Hours: 32.0**

**Total Student Contact Hours: 32.0**

Prerequisite: None

**Course Entry Expectations**

Prior to enrolling in the course, the student should be able to:

N/A

**Course Exit Standards**

Upon successful completion of the required coursework, the student will be able to:

- observe and record infant development in an educationally enriched environment;
- examine existing parent education and child development theories;
- develop and practice effective parenting and decision making skills;
- discuss typical parent-child situations and how to cope with them;
- develop and participate in a parent support network;
- discuss a variety of age-appropriate discipline practices including identifying the difference between discipline and punishment;
- examine cultural influences on child-rearing practices.

**Course Content**

**Total Faculty Contact Hours = 32.0**

Introduction and Orientation: **(1 lecture hour, 1 lab hour)**

Philosophy, goals, and objectives

Class organization

Supervision and safety on campus

Parent Education Assistant's duties and responsibilities

Values and uses of various equipment, materials, and library books

Introduction to the Glendale College Parent Education Association

- Responsibilities of participation in the class
- Observation and recording
  - Observing as a method of inquiry
  - Types of recording worksheets
  - Evaluation and use of Observation Records
- Principles of Child Growth and Development: **(5 lecture hours, 5 lab hours)**
  - Characteristics of children in specific age groups
  - Temperament and individual differences
  - Interrelation of developmental factors
  - Physical development
  - Emotional development
    - Identification of feelings
    - Development of empathy
    - Attachment and bonding
    - Fears and anxieties
  - Social development
  - Intellectual development
  - Parent's role in facilitating learning experiences
  - Overview of child development theories
  - How theory affects child rearing practice
- Dynamics of Family Interaction: **(2 lecture hours, 2 lab hours)**
  - Myths and realities of parenthood
  - Adjusting to parenthood
  - Stages of parent development
  - Changing family patterns
  - Family relations
- Discipline and Setting Limits: **(2 lecture hours, 2 lab hours)**
  - Definition of discipline vs. punishment
  - Purpose and consistency
  - Parental attitudes
  - Age appropriate techniques
  - Sleep Issues
  - Definition and prevention of child abuse/domestic violence
- Dealing with Life Events: **(2 lecture hours, 2 lab hours)**
  - Birth, reproduction, sexuality
  - Death, grief, and loss
  - Divorce and single parenting
  - Remarriage and blended families
  - Employment issues (returning to work/job loss)
  - Child care
  - Serious illness in the family
- Family Health: **(2 lecture hours, 2 lab hours)**
  - Childhood illness/immunizations
  - Promotion of health and hygiene
  - Nutrition and eating behaviors
  - Family mental health
- Safety: **(2 lecture hours, 2 lab hours)**

Home and community safety  
Automobile safety  
Accident and Poison Prevention  
Disaster preparedness

### **Methods of Instruction**

The following methods of instruction may be used in this course:

- lecture;
- group discussion;
- demonstration;
- laboratory participation with children;
- role play;
- field trips and/or excursions;
- educational technologies including audiovisual instruction, internet, and other electronic presentations;
- independent study using worksheets and recorded observations.

### **Out of Class Assignments**

The following out of class assignments may be used in this course:

- planning an age appropriate music or reading activity;
- planning a family oriented creative activity.

### **Methods of Evaluation**

The following methods of evaluation may be used in this course:

- group discussions;
- student demonstration (e.g. family oriented creative activity);
- student demonstration (e.g. age appropriate music or reading activity).

### **Textbooks**

Instructor generated handouts

### **Student Learning Outcomes**

Upon successful completion of the required coursework, the student will be able to:

- plan and implement age-appropriate enrichment activities such as art, music, or reading experience;
- describe at least three age-appropriate discipline techniques;
- identify how to minimize the risk of at least four potential age-specific safety hazards;
- describe a minimum of four age-specific developmental characteristics including social, emotional, physical, and intellectual ones;
- plan and provide age appropriate nutritional snacks.