

COURSE OUTLINE

**Parent Education 31
Three or Four-Year-Olds**

Catalog Statement

PARED 31 focusses study on parenting the three or four-year-old child. 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: 24.0

Total Laboratory Hours: 24.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 48.0

Total Student Contact Hours: 48.0

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 the three, or four-year-old child's 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 discipline practices, especially identifying the difference between discipline and punishment;
- examine the pros and cons of various toilet training techniques;
- examine cultural influences on child-rearing practices.

Course Content

Total Faculty Contact Hours = 48.0

Introduction and Orientation: **(1.5 lecture hours, 1.5 lab hours)**

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: **(7.5 lecture hours, 7.5 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
 - Importance of play
 - Sharing
 - Aggression
 - Intellectual development
 - Parent's role in facilitating learning experiences
 - Overview of child development theories
 - How theory affects child rearing practice
- Dynamics of Family Interaction: **(3 lecture hours, 3 lab hours)**
 - Myths and realities of parenthood
 - Adjusting to parenthood
 - Stages of parent development
 - Changing family patterns
 - Family relations
- Discipline and Setting Limits: **(3 lecture hours, 3 lab hours)**
 - Definition of discipline vs. punishment
 - Purpose and consistency
 - Parental attitudes
 - Age appropriate techniques
 - Definition and prevention of child abuse/domestic violence
 - Fostering responsibility
- Dealing with Life Events: **(3 lecture hours, 3 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

- Preparation for pre-kindergarten or kindergarten
- Serious illness in the family
- Family Health (3 lecture hours, 3 lab hours)**
 - Childhood illness/immunizations
 - Promotion of health and hygiene
 - Toilet use issues
 - Nutrition and eating behaviors
 - Family mental health
- Safety: (3 lecture hours, 3 lab hours)**
 - Home and community safety
 - Pre-Kindergarten and kindergarten safety issues
 - 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;
- pre-kindergarten and kindergarten skill-building laboratory
- laboratory participation with children;
- role play;
- field trips and/or excursions;
- independent study using worksheets and recorded observations;
- Educational technologies including audiovisual instruction, internet and other electronic presentations.

Out of Class Assignments

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

- planning an age appropriate creative activity;
- planning an age appropriate nutritious snack.

Methods of Evaluation

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

- group discussions;
- student demonstrations (e.g. age appropriate creative activity);
- student demonstrations (e.g. age appropriate nutritious snack);
- observation worksheets.

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.