

COURSE OUTLINE

Parent Education 54 Working Parents

Catalog Statement

PARED 54 focuses study on the working parent's role in parenting children from birth through the pre-kindergarten years. Special attention is given to the challenges of raising a child while working full time. Parents 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

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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 infant, toddler, or preschool 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 including the difference between discipline and punishment;
- examine the challenges specific to being a working parent;
- examine cultural influences on child-rearing practices.

Course Content

Total Faculty Contact Hours = 32.0

Introduction and Orientation: (1 lecture hours, 1 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 (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
 - 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 (1 lecture hours, 1 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
 - Tantrums
 - Age appropriate techniques
 - Definition and prevention of child abuse/domestic violence
 - Fostering responsibility
- Dealing with Life Events (1 lecture hours, 1 lab hours)**
 - Birth, reproduction, sexuality
 - Preparing for new siblings
 - Death, grief, and loss
 - Divorce and single parenting
 - Remarriage and blended families
 - Employment issues (returning to work/job loss)

- Child care
 - Preparation for preschool or kindergarten
 - Serious illness in the family
- Challenges of being a working parent **(2 lecture hours, 2 lab hours)**
 - Employment issues
 - Returning to work
 - Job loss
 - Scheduling issues
 - Child care issues
 - Varieties of child care
 - How to choose a child care provider
 - Making the most of family time
 - Quality vs. quantity
 - Guilt issues vs. realistic perspectives
- 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;
- 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;
- planning an age-appropriate reading experience.

Methods of Evaluation

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

- group discussion;
- student demonstration (e.g. age appropriate creative activity);
- student demonstration (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;
- develop strategies that address challenges specific to working parents.