

COURSE OUTLINE

**Parent Education 60
Positive Parenting Skills**

Catalog Statement

PARED 60 is designed for parents who seek instruction in positive, alternative parenting methods that will redirect inappropriate behavior of children and adolescents of all ages. If needed by the students enrolled, this class may also address single parenting issues. Court referred parents are welcome.

Total Lecture Units: 0.0

Total Laboratory Units: 0.0

Total Course Units: 0.0

Total Lecture Hours: 32.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 32.0

Total Student Contact Hours: 32.0

Prerequisite: None

Note: This class is for the parent only. No children may attend

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:

- 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;
- distinguish between “punishment” and “discipline”;
- examine cultural influences on child-rearing practices.

Course Content

Introduction and Orientation: **(2 Hours)**

philosophy, goals, and objectives

discussion of student concerns

safety on campus

establishment of classroom trust and respect agreement

Total Faculty Contact Hours = 32.0

- responsibilities of participation in the class
- Principles of Child and Adolescent Growth and Development (6 Hours)**
 - characteristics of children and adolescents 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 (2 Hours)**
 - myths and realities of parenthood
 - adjusting to parenthood
 - stages of parent development
 - changing family patterns
 - family relationships
- Communication Techniques (2 Hours)**
 - active listening
 - "I-statements"
 - acknowledgment of feelings
- Parenting Through Divorce (4 Hours)**
 - custody issues in single parenting
 - challenges of being a single custodial parent
 - challenges of being a non-custodial parent
 - challenges of shared custody
 - discipline issues in custodial arrangements
 - challenges of raising children through a difficult divorce
 - avoiding using children as a means of revenge
 - allowing children to love both parents
 - protecting children from physical or emotional harm
 - emotional needs of children in divorced families
 - remarriage and blended families
- Parenting as a widow/widower (2 Hours)**
 - challenges of discipline as a single parent
 - stages of grief
 - emotional needs of grieving children
 - parental needs
 - remarriage and blended families

Discipline and Setting Limits **(8 Hours)**

definitions

- discipline vs punishment
- legal definition of child abuse
- threats, bribes, and rewards

age appropriate expectations

goals of misbehavior

corporal punishment

- pitfalls

- alternatives

STEP (Systemic Training for Effective Parenting)

situation specific techniques

use of consequences

- definition of natural vs artificial consequences
- differentiation between logical and illogical consequences
- practice designing logical consequences for specific discipline situations

timeout

definition

- use as a coping mechanism (time to calm down)
- removing from a situation (time to redirect behavior)
- isolation for misbehavior

School Issues **(2 Hours)**

homework struggles

parent/teacher/student triad

bullying and shunning behavior

sexual harassment

truancy

Raising a responsible child **(2 Hours)**

establishing family values

helping children learn right from wrong

effects of responsibility on sense of self worth

impact of friends, school, media and technology on families

helping children use money responsibly

- allowances

- chores as a responsibility to family

- opportunities for extra earnings

- management of funds (saving vs spending)

Identification of community resources **(2 Hours)**

developing a network of support

access to resources through schools

mental health professionals

supervised community activities for children and adolescents

mentors

Methods of Instruction

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

- lecture;
- group discussion;
- guest speakers;
- role play;
- independent study using worksheets;
- 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:

- recording (e.g. worksheets);
- reading (e.g. instructor-generated handouts).

Methods of Evaluation

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

- group discussions;
- role-play;
- worksheets.

Textbooks

Instructor-generated handouts

Student Learning Outcomes

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

- describe at least three age-appropriate discipline techniques;
- plan and implement at least two activities for stress management for both parent and child;
- describe a minimum of four age-specific developmental characteristics including social, emotional, physical, and intellectual, in children and adolescents;
- apply strategies developed in a parent support network group to parenting practices.