

COURSE OUTLINE

**Parent Education 010
Infants (0-6 Months)**

I. Catalog Statement

Parent Education 010 focuses study on parenting children from birth through 6 months of age. Parents (or caregivers) attend class with one or more children of the designated age.

Units — 0.0

Lecture Hours — 16.0

Laboratory Hours — 16.0

Prerequisites: None

II. Course Entry Expectations

Skills Level Ranges: Reading: 4, Writing: 4, Listening/Speaking: 5, Math: 1

III. Course Exit Standards

Upon successful completion of this course, the student will be able to:

1. observe and record infant social, emotional, physical, and intellectual development in an educationally enriched environment;
2. examine existing parent education and child development theories;
3. develop and practice effective parenting and decision-making skills;
4. discuss typical parent-child situations and how to cope with them;
5. develop and participate in a parent support network;
6. plan an age-appropriate nutritious snack or meal;
7. plan an age-appropriate enrichment activity, such as art, music, or reading experiences;
8. describe age-appropriate discipline practices;
9. examine cultural influences on child-rearing practices.

IV. Course Content

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| A. | Introduction and Orientation: | 2 hours |
| | 1. Philosophy, goals, and objectives | |
| | 2. Class organization | |
| | 3. Supervision and safety on campus | |
| | 4. Parent Education Assistant's duties and responsibilities | |
| | 5. Values and use of various equipment, materials, and library books | |
| | 6. Introduction to the Glendale College Parent Education Association | |
| | 7. Responsibilities of participation in the class | |

8. Observing and Recording
 - a) observing as a method of inquiry
 - b) types of recording worksheets
 - c) evaluation and use of Observation Records
- B. Principles of Child Growth and Development 10 hours
 1. Characteristics of children in specific age groups
 2. Temperament and individual differences
 3. Interrelation of developmental factors
 4. Physical development
 5. Emotional development
 - a) identification of feelings
 - b) development of empathy
 - c) attachment and bonding
 - d) fears and anxieties
 6. Social development
 7. Intellectual development
 8. Parent's role in facilitating learning experiences
 9. Overview of child development theories
 10. How theory affects child rearing practice
- C. Dynamics of Family Interaction 4 hours
 1. Myths and realities of parenthood
 2. Adjusting to parenthood
 3. Stages of parent development
 4. Changing family patterns
 5. Family relationships
- D. Discipline and Setting Limits 4 hours
 1. Definition of discipline vs. punishment
 2. Purpose and consistency
 3. Parental attitudes
 4. Age appropriate techniques
 5. Sleep issues
 6. Definition and prevention of child abuse/domestic violence
- E. Dealing with Life Events 4 hours
 1. Birth, reproduction, sexuality
 2. Death, grief and loss
 3. Divorce and single parenting
 4. Remarriage and blended families
 5. Employment issues (returning to work, job loss)
 6. Child care
 7. Serious illness in the family
- F. Family Health 4 hours
 1. Childhood illness/immunizations
 2. Promotion of health and hygiene
 3. Nutrition and eating behaviors
 4. Family mental health

- G. Safety 4 hours
1. Home and community safety
 2. Automobile safety
 3. Accident and poison prevention
 4. Disaster preparedness

V. Methods of Presentation

The following instructional methodologies may be used in the course:

1. lecture;
2. group discussion;
3. demonstration;
4. laboratory participation with children;
5. role play;
6. field trips and/or excursions;
7. audiovisual instruction;
8. independent study using worksheets and recorded observations.

VI. Assignments and Methods of Evaluation

Recorded observation worksheets.

Participation in group discussion.

Return demonstration.

Plan a family oriented creative activity at least once per semester.

Plan an age appropriate music or reading activity at least once per semester.

VII. Textbook(s)

Handouts.

VIII. Students Learning Outcome

- examine and apply principles of effective parenting and child development within their own families;
- confidently locate and access community resources for families;
- network with other adults as a source of support when discussing parenting and child development issues.