COURSE OUTLINE

Parent Education 056 Preparing for Parenting

I. Catalog Statement

Parent Education 056 focuses on preparing students for the role of parent. This class is appropriate for expectant parents, adoptive parents of infants, and individuals considering parenthood.

Units — 0.0 Lecture Hours — 8.0 Laboratory Hours – 8.0

Note: This is not a child-birth preparation class. No children may attend this class.

II. Course Entry Expectations

Skill 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. explain the impact of becoming a parent on the individual and/or couple;
- 2. discuss 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. identify cultural influences on child-rearing practices.

IV. Course Content

A. Introduction and Orientation

1 hour

- 1. Philosophy, goals, and objectives
- 2. Class organization
- 3. Campus safety
- 4. Responsibilities of participation in the class
- 5. Observing and recording as a method of inquiry

В.	Adjusting to Parenthood	1 hour
ъ.	1. Myths and realities of parenthood	1 Hour
	2. Stages of parent development	
	3. Changing family patterns	
	4. Family relationships	
C.	Principles of Child Growth and Development	2 hours
C.	1. Characteristics of children in specific age groups	2 nours
	2. Temperament and individual differences	
	3. Interrelation of developmental factors	
	4. Physical development	
	5. Emotional development	
	6. Social development	
	7. Intellectual development	
	8. Parent's role in facilitating learning experiences	
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D.	Physical Care of the Newborn 1. Safe handling of the Newborn	2 hours
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	2. Bathing3. Diapering	
	4. Hygiene	
	5. Sleep issues	
E.	Nutrition and Eating Behaviors	2 hours
L.	1. Breastfeeding	2 nours
	2. Bottle feeding	
	3. Introducing solid foods	
	4. Food safety	
	5. Prevention of problem eating behavior	
F.	Discipline and Setting Limits	2 hours
1.	1. Definition of discipline vs. punishment	2 Hours
	2. Purpose and consistency	
	3. Parental attitudes	
	4. Definition and prevention of child abuse/domestic violence	
G.	Safety	2 hours
٠.	1. Home and community safety	_ 110 0115
	2. Automobile safety	
	3. Accident and poison prevention	
	4. Disaster preparedness	
H.	Family Health	2 hours
	1. Choosing a health care provider for your child	
	2. Childhood illness/immunizations	
	3. Family mental health	
	a) postpartum blues, depression, and psychosis	
	b) dealing with stress, frustration, and exhaustion	
	c) developing a support system	
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- I. Challenges of Being a Working Parent
 - 1. Employment issues
 - 2. Child care issues
 - 3. Making the most of family time

V. Methods of Presentation

The following instructional methodologies may be used in the course:

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

VI. Assignments and Methods of Evaluation

Recorded observation worksheets.

Participation in group discussion.

Return demonstration.

Plan an age appropriate creative activity.

Plan an age-appropriate nutritious snack and meal.

VII. Textbook(s)

Handouts.

VIII. Students Learning Outcomes

- Plan and implement age-appropriate enrichment activities.
- 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.

2 hour