

COURSE OUTLINE**Parent Education 054
Working Parents****I. Catalog Statement**

Parent Education 054 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.

Units — 0.0

Lecture Hours — 16.0

Laboratory Hours — 16.0

Prerequisites: None

Note: Parents are asked to attend the first session without children.

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 preschool children's 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 the challenges specific to being a working parent;
10. 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
 - a) importance of play
 - b) sharing
 - c) aggression
 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 2 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. Tantrums
 5. Age appropriate techniques
 6. Fostering responsibility
 7. Definition and prevention of child abuse/domestic violence
- E. Dealing with Life Events 2 hours
1. Birth, reproduction, sexuality
 2. Preparing for new siblings
 3. Death, grief and loss
 4. Divorce and single parenting
 5. Remarriage and blended families
 6. Preparation for preschool or kindergarten
 7. Serious illness in the family

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| F. | Challenges of Being a Working Parent | 4 hours |
| | 1. Employment issues | |
| | a) returning to work | |
| | b) job loss | |
| | c) scheduling issues | |
| | 2. Child care issues | |
| | a) varieties of child care | |
| | b) how to choose a child care provider | |
| | 3. Making the most of family time | |
| | a) quality vs. quantity | |
| | b) scheduling issues | |
| | c) guilt issues vs. realistic perspectives | |
| G. | Family Health | 4 hours |
| | 1. Childhood illness/immunizations | |
| | 2. Promotion of health and hygiene | |
| | 3. Nutrition and eating behaviors | |
| | 4. Family mental health | |
| H. | 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 an age appropriate art activity at least once per semester.

Plan an age-appropriate nutritious snack once per semester.

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.