

Parenting 101

2007 Syllabus

The **Parenting 101** program was designed to address the needs and concerns of parents. **Parenting 101** focuses on concepts important for parenting effectiveness such as communication skills, guidance techniques, and positive discipline strategies. The emphasis is on building skills, providing support, and helping parents understand the needs and abilities of children during different stages of development.

Parenting 101 has seven structured modules. Each module includes instructions, handouts, discussion questions, and ideas for implementing the concepts.

Module One: Child Development

Effective parenting requires a clear understanding of the developmental limitations and abilities of children at different ages. This module focuses on child development, common parenting issues at different *developmental stages*, and *parental expectations*. Guidance strategies for children of different ages are introduced and discussed.

Module Two: Active Listening

This module introduces participants to the skill of listening as a foundation for effective family communication. Techniques for conveying acceptance and emotional support through active listening skills are highlighted and participants are invited to explore their

current listening style. How effective listening can be used in various parenting situations is discussed.

Module Three: Building Understanding

Continuing with the theme of family communication, this module introduces participants to speaking skills that help increase understanding and cooperation. The impact of nonverbal communication is emphasized, and parents are introduced to “I-Messages” as a strategy for communicating clearly about feelings and for setting limits and making requests.

Module Four: Helping Children Behave

This module is designed to help participants master strategies for increasing desired behaviors in their children through the use of praise, reinforcement, setting limits, redirection, and modeling. Ineffective methods of handling children’s misbehavior are discussed and communication skills that work well for providing child guidance are reinforced.

Module Five: Sensible Discipline

Discipline strategies are aimed at decreasing unwanted behaviors in children. This module focuses on techniques for effective and fair discipline, including ignoring, time out, and natural and logical consequences. The reasons for children’s misbehavior are explored, along with common discipline problems and recommended solutions.

Module Six: Self-Care for Parents

This module acknowledges the stress, insecurity, and low sense of self-esteem experienced by many parents who feel overwhelmed by parenting responsibilities. Participants are encouraged to focus on self-care and to pay attention to the potential negative impacts of not caring for themselves. Assertiveness, affirmations, time management, and strategies for dealing with the stress that results from negative “self-talk” are addressed.

Module Seven: Tomorrow and Beyond

The final structured module emphasizes problem-solving, planning, and encouraging resilience in children. Parents are introduced to a problem-solving model for working through future parenting challenges. The module also provides closure for the parenting class by asking participants to review their parenting goals from the first session, to assess progress, and to set goals for the future.

Accountability & Certification

The Parenting 101 class is facilitated within a secure and exclusive internet classroom. The class includes an online application, seven graded quizzes, a participation evaluation, and a Final Exam.

Students may elect to be considered for Certification of Training. Certification requires a minimum Final Exam score of 90% and an evaluation of class discussion participation.