

Creative Parenting Course

Rationale

Why does one have to learn about parenting. Doesn't parenting come automatically. The fact is that when we became parents, we employed child rearing techniques that our parents used with us, but these techniques were not necessarily the right ones. Some of us used the trial and error method which may have been very time consuming. Also today parenting is filled with enumerable challenges. Therefore, this course can help prepare and equip parents to meet those challenges successfully.

Eligibility : Parents and prospective parents including Senior students

Cost : Rs.3,000/-

SYLLABUS

Objectives:

To help parents and prospective parents understand :

- a) what is expected of children at different stages of development
- b) the issues and concerns at each stage of development and ways to cope to with these challenges
- c) the role that parents can play in nurturing, stimulating and empowering children

Unit 1: Parenting Infants/Toddlers

A. Infant and Toddler Health

1. Immunization
2. Simple home-made remedies for minor ailments (cold, cough)
3. First aid (burns, scalds, falls, cuts and scratches)
4. Diseases (symptoms to be identified and communicated to the doctor for treatment)

B. Guidance with Regard to Behaviour Problems, Multilingualism, and Sibling Relationships

1. Guiding children's behavioural problems (e.g., temper-tantrums, bed-wetting, thumbsucking)
2. Multilingualism and your child
3. Enhancing sibling relationships--welcoming the younger sibling

C. Infant and Toddler Stimulation and Play

1. Selecting play material (age appropriateness, cost, durability,

flexibility)

2. Stimulation through play materials and play activities
3. Quality indicators for daycare centres, playschool and activity centres

Unit 2: Parenting Preschoolers

A. Selecting a Preschool, Helping the Child's Transition to Preschool, Guiding Preschool Children

1. Selecting a preschool, helping the child transition to preschool, adjusting as a parent, child as a learner
2. Guiding children in daily routine activities (e.g., toileting, mealtime, nap-time, bedtime)
3. Guiding preschool children's behaviours (guiding speech, actions; setting behaviour limits)

B. Importance of Play for Learning; Play Activities and Games

1. Play games to build a smart brain (thinking, memory, logic, questioning, and outdoor games)
2. Play by travelling, play with nature, play with shapes, patriotic and festive games, play with colours, play with math, play with time, water play and sand play, and play with animals.

C. Are You Unknowingly Harming Your Child? (diet, sleep, toys, emotions)

1. With the wrong choice of diet, lack of proper sleep-awake routines
2. By an incorrect choice of toys and games or pastimes
3. Not bonding with nature
4. Using incorrect discipline techniques, inappropriate communication
5. By not sending child to the preschool, parent not working hand in hand with preschool
6. Ignoring emotional development of our children, not fulfilling children's needs

Unit 3: Parenting School-Aged Children

A. Media: Forms, Impact, Parental Monitoring and Guidance

1. Forms of media (print, electronic)
2. Role of media in children's lives (positive and negative impact)
Role of parents in monitoring

Supporting children's effective use of all forms of media

B. Promoting a Positive Self-Esteem and Self-Concept

1. Meaning of the terms self-esteem and self-concept
2. Importance of self-esteem and self-concept
3. How to promote a positive self-esteem and self-concept

C. Sexuality Education

1. What is sexuality
2. What is sexuality education
3. How to provide appropriate sexuality education to children of different ages

D. Supporting Children in School

1. Study habits
 - Academic stress
 - Role of parents in the child's school/Parent Partnership in Schools

2. Children with Special Needs

- Learning disabilities and other disabilities
- Fostering giftedness and talent in children

E. Children's Recreation

1. Importance and forms of recreation
2. Productive use of time
3. Hobby classes and their significance

Unit 4: Parenting Adolescents/Youth

A. Concept of Adolescence; Characteristics of Adolescents; Shift in Parenting; Role of Parental Monitoring

1. Concept of adolescence and required shift in parenting; role of parental monitoring
2. Characteristics of adolescents (e.g., heightened emotionality)
3. Impact of early and late maturity

C. Developmental Tasks of Adolescence: Identity Development (education, career, relationships)

1. Establishing peer relationships (same sex, heterosexual)
2. Education and career paths

D. Parent-Adolescent Conflict Management and Relationship-Strengthening:
Part I

1. Areas of conflict (phone use, TV use, pocket money, heterosexual relations, mate selection, housework, career)

2. Parent-Adolescent Conflict Management and Relationship-Strengthening:
Part II

3. Strategies for resolving parent-adolescent conflicts and strengthening relationships, dealing with conflicts constructively, learning to communicate effectively with adolescents

E. Adolescent Stresses and Impact

1. Adolescent stresses: academic stress, distressed families, and peer pressure
2. Indicators of distress in adolescents: Depression, suicide, substance abuse, sexual promiscuity

F. Helping Adolescents Deal with Stress

1. Time management
2. Stress management
3. Suicide prevention

Form No.: _____

Certificate Course in Creative Parenting

Enrolment Form

Name of Applicant: _____

Address: _____

Tel. Nos.: Residence-- _____ Mobile-- _____

Email: _____

Religion: _____

Resident Family Members:

S.No.	Name of Members	Relationship to respondent	Sex	Age	Education	Occupation

Any specific topic you would like us to especially include in the Parenting Course: _____

Have you also applied for the course in Food Craft and Presentation? Yes / No

Is your child studying in this college? Yes / No

If yes, at which level? _____

Signature of Applicant: _____