

PARENT EDUCATION (PAR)

PAR 7603 PARENT EDUCATION DISCUSSION GROUPS--PRESCHOOL AGE

0 unit

Human growth and development with primary emphasis on the preschool age child. Parent roles and self-understanding; parental values and goals; family communication; analysis of varying philosophies of child rearing; health and nutrition; societal influences on the home. Short term class. Total of 64 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7608 PARENT EDUCATION DISCUSSION GROUPS--CHILD, FAMILY, SCHOOL

0 unit

Designed for parents who have a limited background in English. Promotes effective communication, child rearing, and family development in contemporary American culture. Encourages a participatory role in the school and the community. Short-term class. Total of 32 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7617A YOUR GROWING 2-YEAR-OLD

0 unit

Parents learn about the reality of, and the reasons for the behavior of the two-year-old - known as the first adolescence. The unique needs of that child and that child's caring adults, and ways to meet these needs will be discussed. An emphasis will be on communication and listening skills, as well as the uniqueness of each child, adult, and family. The child accompanying the enrolled adult student must be two years old by September 1 of the current school year. Total of 32 hours lecture and 16 laboratory.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7617B YOUR GROWING 3-YEAR-OLD

0 unit

Parents and their three-year-old children attend classes together in a supportive, stimulating, age appropriate environment. Designed to emphasize effective communication and parenting skills that encourage positive family interaction. The child accompanying the adult student must be three years old as of September 1 of the current school year. Total of 32 hours lecture and 16 hours laboratory.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7617C GETTING YOUR 4-YEAR-OLD READY FOR KINDERGARTEN

0 unit

Parents and their four-year-old children attend classes together in a supportive, stimulating, age appropriate environment. During class time, parents: learn about skills which indicate kindergarten readiness and their role in the school process, have an opportunity to practice these skills with their children, and explore ways to extend preparation for kindergarten at home. Lab and lecture for this class include PreK table rotations in literacy, math, and other readiness skills, a specialized PreK rug time, group cooking, and other age appropriate offerings. The child accompanying the enrolled adult must be four years old as of December 2 of the current school year. Total of 32 hours lecture and 16 hours of lab.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7618A STAGES OF DEVELOPMENT: 2 YEARS OLD

0 unit

Parents and their two-year-old children attend classes together in a supportive, stimulating, age appropriate environment. Students will engage in course material that covers child development theory, recognize milestones, create healthy family habits, and support child's optimal growth and development. The child accompanying the adult student must be two years old as of September 1st of the current school year. Total of 32 hours lecture and 16 hours laboratory.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7618B YOUR GROWING FAMILY: 0-5 YEARS OLD

0 unit

Parents and their children attend classes together in a supportive, stimulating, age appropriate environment to learn effective discipline, sibling relationship strategies, and optimal family dynamics. Total of 32 hours lecture and 16 hours laboratory.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7680A INFANT PARENTING: 0-6 MONTHS

0 unit

Parents with infant children participate in weekly class meetings to learn principles of child development, communication, and problem solving, creating positive parent-child interaction. The child accompanying the enrolled adult student must be birth-6 months by September 1 of the current school year. Total of 48 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7680B PARENTING IN THE FIRST YEAR: 0-12 MONTHS OLD

0 unit

Parents with infant children participate in weekly class meetings to learn principles of child development, communication, and problem solving, creating positive parent-child interaction. The child accompanying the enrolled adult student must be birth-12 months on September 1 of the current school year. Total of 48 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7680C INFANT PARENTING: 7-12 MONTHS

0 unit

Parents observe, record, and discuss the development of the 7 through 12 month-old-child to learn principles of child development, communication, and problem solving, creating positive parent-child interaction. The child actively explores every aspect of his/her world. The child accompanying the enrolled adult student must be 7 through 12 months by September 1 of the current school year. Total of 48 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7681A PARENTING YOUR TODDLER: 13-17 MONTHS

0 unit

Parents with children ages 13 through 17 months participate in weekly class meetings to learn principles of child development, discipline philosophies, communication and strengthening family relationships. Particular emphasis will be given to learning to understand the child's emerging motor skills, language acquisition and drive to independence. The child accompanying the enrolled adult student must be 13 through 17 months by September 1 of the current school year. Total of 32 hours lecture and 16 hours laboratory.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7681B PARENTING YOUR TODDLER: 18-23 MONTHS**0 unit**

Parents observe, record, and discuss the development of the 18- through 23-month-old child to understand their child's needs and develop stronger and more positive parental skills to help the child build self-esteem and confidence. Parents will discover with the child in an age appropriate environment the many ways of learning through music, creative activities, play, and social interaction. Parents will share ideas, resources, and information. The child accompanying the enrolled adult student must be 18 through 23 months by September 1 of the current school year. Total of 32 hours lecture and 16 hours laboratory.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7682 PARENTING YOUR PRESCHOOL AGE CHILD: 2-4 YEARS OLD**0 unit**

Parents and their preschool children, ages two to pre-kindergarten, attend weekly classes together in a supportive, stimulating, anti-bias environment. Discussion on child growth and development, communication, and problem solving to create positive family interaction. Children accompanying the enrolled adult student must be 2 years to 4 years as of September 1 of the current school year. Total of 32 hours lecture and 16 hours laboratory.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7683 MULTI-AGE PARENTING: 0-5 YEARS OLD**0 unit**

Parents with pre-school age children participate in weekly class meetings to learn principles of child development, communication, problem solving, and family interaction. The child accompanying the enrolled adult student must be birth to 4 years old by December 2 of current school year. Total of 32 hours lecture and 16 hours laboratory.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7685 PARENT EDUCATION DAD'S CLASS**0 unit**

Fathers, or other male caregivers participate in weekly class meetings with children to learn principles of child development, discipline philosophies, communication and strengthening family relationships. Particular emphasis will be placed on the unique skills men bring to parenting as gender differences, societal expectations and family histories are addressed. Child accompanying the enrolled adult must be 18 months to 4 years old by September 1 of the current school year. Short-term class. Total of 32 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7686 SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING OF PRESCHOOLERS**0 unit**

Designed for parents of pre-school age children, birth to 5 year old. Parents learn to understand children and gain skills for effective parenting. Emphasis on parent interaction with materials and each other to learn sound child-rearing principles. Short-term class. Total of 16 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7687 SYSTEMATIC TRAINING/EFFECTIVE PARENTING OF SCHOOL AGE CHILD.**0 unit**

Designed for parents of school-age children, 6 to 12 years old. Parents learn to understand school-age children and gain skills for effective parenting. Emphasis on parent interaction with materials and each other to learn sound child-rearing principles. Short-term class. Total of 16 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7688 SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING OF TEENS**0 unit**

Designed to provide systematic training for improving parent-teen relationships. Parent learn to understand teenagers and gain skills for effective parenting. The parenting program helps parents find realistic, effective, and enjoyable ways to relate to the emerging young adults in their family. Total of 16 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7710 FAMILY HEALTH AND WELL-BEING: DAD'S CLASS**0 unit**

Family health and well-being with emphasis on skills fathers bring to parenting. Group discussions on physical and emotional health, safety, and family quality time. Child accompanying the enrolled adult must be 18 months to 4 years old by September 1 of the current school year. Short term class. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7711 FAMILY HEALTH AND WELL-BEING**0 unit**

Designed to promote family development in contemporary American culture for parents with a limited background in English. Introduction to proper nutrition, exercise, factors affecting physical and emotional growth and development and sleep strategies. Short term class. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7712 FAMILY HEALTH AND WELL-BEING: COURT MANDATED**0 unit**

Development of proactive parenting techniques. Determine and implement a family plan that focuses on health and safety including the physical and emotional factors. Short term class. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

PAR 7713 FAMILY HEALTH AND WELL-BEING: FAMILY GROUP OBSERVATION**0 unit**

Strategies on how to cohesively address the various needs of multiple family members. Focusing on family health and well-being, nutrition, sleep and stress. The child accompanying the enrolled adult student must be birth to 4 years old by September 1 of the current school year. Short term class. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

**PAR 7714A FAMILY HEALTH AND WELL-BEING: INFANT OBSERVATION
0 unit**

Development of a family health and well-being action plan focusing on proper nutrition, safety precautions, emotional health and how to best use community resources. The child accompanying the adult enrolled student must be birth to 6 months by September 1 of the current school year. Short term class. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

**PAR 7714B FAMILY HEALTH AND WELL-BEING: INFANT OBSERVATION
0 unit**

Development of a family health and well-being action plan focusing on proper nutrition, safety precautions, emotional health and how to best use community resources. The child accompanying the adult enrolled student must be 7 through 12 months by September 1 of the current school year. Short term class. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

**PAR 7715 FAMILY HEALTH AND WELL-BEING: MULTIAGE GROUP
0 unit**

Focus on proper nutrition, age appropriate exercise and effective sleep strategies as part of family health and well-being core content. The child accompanying the enrolled adult student must be 2 to 4 years old as of September 1 of the current school year. Short term class. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

**PAR 7716A FAMILY HEALTH AND WELL-BEING: 2 YEARS OLD
OBSERVATION
0 unit**

Implement structure, routine and discipline during the "first adolescence" by focusing on family health and well-being. Establish good communication and listening skills, proper nutrition and feeding schedules. The child accompanying the adult enrolled student must be two years old by September 1 of the current school year. Short term class. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

**PAR 7716B FAMILY HEALTH AND WELL-BEING: 3 YEARS OLD
OBSERVATION
0 unit**

Implement structure, routine and discipline by focusing on family health and well-being. Establish good communication and listening skills, proper nutrition and feeding schedules. The child accompanying the adult enrolled student must be three years old as of September 1 of the current school year. Short term class. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

**PAR 7716C FAMILY HEALTH AND WELL- BEING: 4 YEARS OLD
OBSERVATION
0 unit**

Create a family plan that focuses on health and well being especially as it relates to school readiness. Discuss social support networks, education resources, and stress management. The child accompanying the adult enrolled student must be four years old as of September 1 of the current school year. Short term class. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

**PAR 7717A FAMILY HEALTH AND WELL-BEING: TODDLER
OBSERVATION****0 unit**

Create a safe home environment for toddlers, implement healthy lifestyle models, identify strategies for effective parenting and learn about community resources and organizations. The child accompanying the adult enrolled student must be 13 through 17 months by September 1 of the current school year. Short term class. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*

**PAR 7717B FAMILY HEALTH AND WELL-BEING: TODDLER
OBSERVATION****0 unit**

Implement structure, routine and discipline during the "first adolescence" by focusing on family health and well-being. Establish good communication and listening skills, proper nutrition and feeding schedules. The child accompanying the enrolled adult student must be 18 through 23 months by September 1 of the current school year. Short term class. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit, Pass/No-Pass*