

PARENT EDUCATION (PAR)

PAR 1000 EXPECTING AND NEW PARENTS (TO AGE 4 MONTHS)

0 unit

Parents/caregivers will observe, discuss, and analyze child development topics related to pregnancy, childbirth, and the care of 0- to 4-month-old infants in order to better understand their infants' needs and build stronger, more positive parenting skills. Coping strategies for parental well-being. Expectant parents are welcome. Infants accompanying adult students must be between 0 and 4 months old on the start date of the course. Total of 45 hours lecture.

Grade Mode: *Ungraded Credit*

PAR 1010 PARENTING YOUR 0 TO 8-MONTH-OLD

0 unit

Participation in music, movement and other bonding activities. Observation, discussion and analysis of child development topics related to the care of the 0 to 8-month-old in order to better understand infants' needs and to build stronger, more positive parenting skills. Parents will also cultivate strategies for parental well-being. The child accompanying the adult student must be between 0 to 8 months of age on the start date of the course. Total of 45 hours lecture.

Grade Mode: *Ungraded Credit*

PAR 1020 PARENTING YOUR 9 TO 17-MONTH-OLD

0 unit

Participation in music, movement and other bonding activities. Observation, discussion and analysis of child development topics related to the care of the 9 to 17-month-old in order to better understand children's needs and to build stronger, more positive parenting skills. Parents will also cultivate strategies for parental well-being. The child accompanying the adult student must be between 9 to 17 months of age on the start date of the course. Total of 45 hours lecture.

Grade Mode: *Ungraded Credit*

PAR 1030 PARENTING YOUR 18 TO 23-MONTH-OLD

0 unit

Parents/caregivers participate together in music, movement and other bonding activities. Observation, discussion, and analysis of child development topics related to the care of 18 to 23-month-old children in order to better understand their children's needs and build stronger, more positive parenting skills. Parents will also cultivate coping strategies for parental well-being. Children accompanying the adult student must be between 18-23 months old on the start date of the course. Total of 45 hours lecture.

Grade Mode: *Ungraded Credit*

PAR 1040 PARENTING YOUR 2-YEAR-OLD

0 unit

Parents/caregivers participate together in music, movement and other bonding activities. Observation, discussion, and analysis of child development topics related to the care of 2-year-old children in order to better understand children's needs and build stronger, more positive parenting skills. Parents will also cultivate coping strategies for parental well-being. The child accompanying the adult student must be 2 years old by September 1st of the current school year. Total of 45 hours lecture.

Grade Mode: *Ungraded Credit*

PAR 1050 PARENTING YOUR 3-YEAR-OLD

0 unit

Participation in music, movement and other bonding activities. Observation, discussion, and analysis of child development topics related to the care of 3-year-old children in order to better understand their children's needs and build stronger, more positive parenting skills. Parents will also cultivate coping strategies for parental well-being. Children accompanying the adult student must be 3 years old by September 1st of the current school year. Total of 45 hours lecture.

Grade Mode: *Ungraded Credit*

PAR 1060 PARENTING YOUR 4-YEAR-OLD & KINDERGARTEN PREP

0 unit

Parental/caregiver participation in STEAM lessons appropriate for 4-year-old children to prepare them for kindergarten. Observation, discussion, and analysis of child development topics related to the education of 4-year-old children in order to better understand children's needs and build stronger, more positive parenting skills. Cultivation of coping strategies for parental well-being. Children accompanying the adult student must be 4 years old by September 1st of the current school year. Total of 45 hours lecture.

Grade Mode: *Ungraded Credit*

PAR 2000 PARENTING FOR HEALTH AND PHYSICAL DEVELOPMENT (0-5 YEARS OLD)

0 unit

Parents/caregivers will observe, discuss, and analyze topics related to the care and physical development of 0- to 5-year-old children in order to better understand their children's needs and build stronger, more positive parenting skills. Coping strategies for parental well-being. Children accompanying the adult student must be between 0 and 5 years old on the start date of the course. Total of 45 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 2010 PARENTING FOR SOCIAL AND EMOTIONAL DEVELOPMENT (0-5 YEARS OLD)

0 unit

Parents/caregivers will observe, discuss, and analyze topics related to the care, social development, and emotional development of 0- to 5-year-old children in order to better understand their children's needs and build stronger, more positive parenting skills. Coping strategies for parental well-being. Children accompanying the adult student must be between 0 and 5 years old on the start date of the course. Total of 45 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 2020 PARENTING FOR COGNITIVE AND LANGUAGE DEVELOPMENT (0-5 YEARS OLD)

0 unit

Observation, discussion, and analysis topics related to the care, cognitive development, and language development of 0- to 5-year-old children in order to better understand children's needs and build stronger, more positive parenting skills. Coping strategies for parental well-being. Children accompanying the adult student must be between 0 and 5 years old on the start date of the course. Total of 45 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 2030 PARENTING YOUR DUAL LANGUAGE LEARNER (0-5 YEARS OLD)

0 unit

Dual language programs, bilingualism, biliteracy, and multiculturalism will be emphasized. Observation, discussion, and analysis topics related to the care, cognitive development, and language development of 0- to 5-year-old children in order to better understand children's needs and build stronger, more positive parenting skills. Coping strategies for parental well-being. Children accompanying the adult student must be between 0 and 5 years old on the start date of the course. Total of 45 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 3000 PARENTING YOUR INFANT (0-11 MONTHS OLD)

0 unit

Observation, discussion, and analysis of child development topics related to the care of 0- to 11-month-old children in order to better understand children's needs and build stronger, more positive parenting skills. Coping strategies for parental well-being. Children accompanying the adult student must be between 0 and 11 months old on the start date of the course. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 3010 PARENTING YOUR TODDLER (12-23 MONTHS OLD)

0 unit

Observation, discussion, and analysis of child development topics related to the care of 12- to 23-month-old children in order to better understand children's needs and build stronger, more positive parenting skills. Coping strategies for parental well-being. Children accompanying the adult student must be between 12 and 23 months old on the start date of the course. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 3020 PARENTING YOUR PRESCHOOLER (2 TO 4 YEARS OLD)

0 unit

Observation, discussion, and analysis of child development topics related to the care of 2- to 4-year-old children in order to better understand children's needs and build stronger, more positive parenting skills. Coping strategies for parental well-being. Children accompanying the adult student must be between 2 and 4 years old on September 1st of the current school year. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 3030 PARENTING YOUR GROWING FAMILY (0 TO 5 YEARS OLD)

0 unit

Observation, discussion, and analysis of child development topics related to the care of children ages 0-5 years in order to better understand children's needs and build stronger, more positive parenting skills. Coping strategies for parental well-being. Children accompanying the adult student must be between 0 and 5 years old on the start date of the course. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 6000 PARENT EDUCATION WORKSHOP: EXPECTING PARENTS

0 unit

For expecting and new parents and caregivers of infants up to age 4 months. Parents/caregivers will network, discuss, and analyze topics related to child development, developmental milestones, key theories and theorists, parenting strategies, growth mindset for both children and parents, pregnancy, birth, foster care/adoption, and responsive care of infants from birth to 4 months of age in order to better understand their children's needs and build stronger, more positive parenting skills. They will also cultivate coping strategies for parental well-being. Note: This class is for parents/caregivers only. No children may attend. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 6010 PARENT EDUCATION WORKSHOP: THE INFANT & TODDLER YEARS (AGES 0-2)

0 unit

For parents and caregivers of children from birth to 2 years of age. Parents/caregivers will network, discuss, and analyze topics related to child development, developmental milestones, key theories and theorists, parenting strategies, growth mindset for both children and parents, foster care/adoption, and responsive care of children from birth to 2 years of age in order to better understand their children's needs and build stronger, more positive parenting skills. They will also cultivate coping strategies for parental well-being. Note: This class is for parents/caregivers only. No children may attend. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 6020 PARENT EDUCATION WORKSHOP: THE PRESCHOOL YEARS (AGES 3-5)

0 unit

For parents and caregivers of children from 3 to 5 years of age. Parents/caregivers will network, discuss, and analyze topics related to child development, developmental milestones, key theories and theorists, parenting strategies, growth mindset for both children and parents, foster care/adoption, and responsive care of children from 3 to 5 years of age in order to better understand their children's needs and build stronger, more positive parenting skills. Coping strategies for parental well-being. Note: This class is for parents/caregivers only. No children may attend. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 6030 PARENT EDUCATION WORKSHOP: THE ELEMENTARY YEARS (AGES 5-12)

0 unit

For parents and caregivers of children from 5 to 12 years of age. Parents/caregivers will network, discuss, and analyze topics related to child development, developmental milestones, key theories and theorists, parenting strategies, growth mindset for both children and parents, education, foster care/adoption, and responsive care of children from 5 to 12 years of age in order to better understand their children's needs and build stronger, more positive parenting skills. They will also cultivate coping strategies for parental well-being. Note: This class is for parents/caregivers only. No children may attend. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 6040 PARENT EDUCATION WORKSHOP: THE MIDDLE SCHOOL YEARS (AGES 11-14)

0 unit

For parents and caregivers of children from 11 to 14 years of age. Parents/caregivers will network, discuss, and analyze topics related to child development, developmental milestones, key theories and theorists, parenting strategies, growth mindset for both children and parents, education, foster care/adoption, and responsive care of children from 11 to 14 years of age in order to better understand their children's needs and build stronger, more positive parenting skills. They will also cultivate coping strategies for parental well-being. Note: This class is for parents/caregivers only. No children may attend. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit*

PAR 6050 PARENT EDUCATION WORKSHOP: THE HIGH SCHOOL YEARS (AGES 14-18)

0 unit

For parents and caregivers of teenagers from 14 to 18 years of age. Parents/caregivers will network, discuss, and analyze topics related to adolescent development, developmental milestones, key theories and theorists, parenting strategies, growth mindset for both teenagers and parents, education, foster care/adoption, and responsive care of teenagers from 14 to 18 years of age in order to better understand their teenager's needs and build stronger, more positive parenting skills. They will also cultivate coping strategies for parental well-being. Note: This class is for parents/caregivers only. No children may attend. Total of 18 hours lecture.

Grade Mode: *Ungraded Non-Credit*