

PARENTING EDUCATION

Parent education courses are designed to promote the understanding of children's needs, build stronger, positive parenting skills, and cultivate coping strategies for parental wellbeing, enhancing the quality of everyday family life. These classes can be interactive in nature which means students may bring their age-appropriate children to class for direct child observation, discussion and analysis of child growth and development, as parents or caregivers participate together in music, movement and other bonding activities.