



PARENTING PROGRAMS

SUCCESS FROM THE START: EARLY CHILDHOOD DEVELOPMENT 2016-17 CURRICULUM MODULES

Session 1: Know Your Child: Temperament

Children's inborn personality affects how they approach the world and how the world sees them. Parents can learn to respond appropriately to their child's behavior when they can better understand their child's unique temperament.

Emphasis on types of temperament and parents' own style of responding

Session 2: Growth and Change: Understanding Child Development

Each child's stage of development greatly impacts behavior. By understanding the basics of child development and how skills/abilities can vary, parents will be able to set reasonable expectations for their child.

Emphasis on developmental milestones and the different domains in which children grow

Session 3: The Developing Self: Raising a Resilient Child

Children need to feel loved, valued, respected, competent and important; these are the basic building blocks of healthy self-esteem. Parental support, encouragement and warmth form the foundation for children to learn to feel capable and to handle life's ups and downs.

Emphasis on the development of self-concept, self-control and moral development.

Session 4: Communication and Language Development

Children's ability to communicate their thoughts and feelings grows at an exciting pace in early childhood. Parents can set the stage for effective communication now and in the future by tuning into their children's cues and surrounding them with language-learning opportunities.

Emphasis on stages of language development, literacy strategies, and positive communication

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Session 5: Love and Limits in Early Childhood

Children need to eventually control their own behavior, but they need parental guidance to help them, especially in the early years. Understanding why children do what they do is important because it helps parents anticipate the child's behavior and respond in a firm, consistent and loving way.

Emphasis on positive discipline strategies, child development, and parenting styles

Session 6: Playing with Their World: Play in Early Childhood

Play teaches children lifelong lessons because it provides them opportunities to practice new skills, build relationships, and acquire knowledge about the world. Parents who provide an enriching play environment will see lasting effects on their child's creativity, sense of competence, and more.

Emphasis on the benefits of play, parental support for play, and developmentally-staged activities

Session 7: Media and Your Child's Growing Brain

Young children's exposure to media has profound effects on their developing brain. Parents have control over their child's media diet and can benefit from learning how to effectively monitor the media environment, both in and outside the home.

Emphasis on monitoring and making healthy screen choices, as well as the media's impact on growth and development.