

Key Concepts and Goals

Module 1 – Getting Started

KEY CONCEPTS

Parenting is the most challenging and most important job there is.
Parents are the foundation of the family.
Positive parenting skills do not come naturally; they are learned.

Goals – By the end of this session parents will:

- Experience a warm and safe environment where they can feel comfortable sharing their experiences and learning about parenting.
- Learn about the *Make Parenting A Pleasure* philosophy.
- Have an opportunity to get acquainted with each other and the facilitator.
- Set the *Ground Rules* for group interaction and establish childcare guidelines, if applicable.
- Complete *Survey 1*.
- Have Fun!

Module 2 – Nurturing: Taking Care of Ourselves

KEY CONCEPTS

The whole family benefits when parents find ways to nurture and take care of themselves each and every day.

Goals – By the end of this session parents will:

- Learn about nurturing and taking care of themselves. They will leave the class with some exercises to practice.
- Be familiar with community resources – how to identify them and how to access them.
- Continue to build a trusting environment and mutual support among parents.

Module 3 – Understanding Stress

KEY CONCEPTS

Stress is a normal part of life.
Reducing stress helps us feel more in control of our lives.

Goals – By the end of this session parents will:

- Identify personal self-care strategies
- Understand stress as a normal part of life.
- Identify individual causes and current symptoms of stress.
- Explore the relationship between stressors and self-talk.
- Discuss and practice some stress management skills.

Module 4 – Stress and Anger Management: Techniques

KEY CONCEPTS

Stress is a normal part of parenting.
Managing stress effectively is critical to parenting children effectively.
As parents we teach and model how to cope with stress.

Goals – By the end of this session parents will:

- Identify a personal support system.
- Learn about longer term stress reduction techniques.

Module 5 – Managing Anger, Modeling Alternatives

KEY CONCEPTS

Anger is a normal emotion.
Anger as an emotion is always okay. But how we act on anger can help or hurt our children and ourselves.

Goals – By the end of this session parents will:

- Identify and understand anger as an emotion.
- Understand the importance of acting on anger appropriately.
- Recognize the physical and emotion feelings and self-talk that may accompany or precede anger.
- Develop a personal *Anger Management Plan*.

Module 6 – The Dance of Communication: Nonverbal

KEY CONCEPTS

Actions speak louder than words especially with our babies and young children.
Effective communication begins with what we do.

Goals – By the end of this session parents will:

- Understand the importance of communication as the connector for human relationships.
- Become more aware of their own nonverbal communication styles.
- Learn nonverbal and verbal techniques for communicating with babies and young children.
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Module 7 – Communication: Listening Skills

KEY CONCEPTS

Listening is at least as important as talking and often harder to do.

Goals – By the end of this session parents will:

- Learn good Quiet and Active Listening skills.
- Demonstrate Quiet and Active Listening skills.
- Understand the importance of good listening as part of communicating effectively.

Module 8 – Verbal Communication

KEY CONCEPTS

Words are powerful and it is important to use words thoughtfully.
Learning to communicate positively takes practice.

Goals – By the end of this session parents will:

- Learn the importance of good verbal communication.
- Practice “I” Messages.
- Practice effective communication techniques with young children.

Module 9 – Child Development: The Basics

KEY CONCEPTS

Every child develops at his or her own pace.
Understanding child development helps us appreciate our child and have realistic expectation for our child.

Goals – By the end of this session parents will:

- Understand the concept of developmental stages
- Learn a few key characteristics of their child’s stage of development.
- Be aware of resources for concerns about potential developmental delays.

Module 10 – Discipline: Laying the Foundation

KEY CONCEPTS

Paying attention to children when they’re doing well can keep them from “acting out” to get our attention.

Goals – By the end of this session parents will:

- Learn positive attention skills:
 - Special Time
 - Showing Approval.
- Develop a better understanding of the nature and value of positive attention and its relationship to discipline.
- Understand discipline as a way to teach children how to discipline themselves.

Module 11 – Discipline: Parent’s Toolbox

KEY CONCEPTS

In order for parents to make positive discipline decisions, they need to be aware of possible solutions.

Goals – By the end of this session parents will:

- Learn some specific techniques that can help them positively influence and direct their children’s behavior.
- Have an opportunity to practice some of they techniques.

Module 12 – Discipline: Challenging Behaviors

KEY CONCEPTS

While prevention is the best medicine, parents need strategies for their children’s challenging behaviors.

Goals – By the end of this session parents will:

- Learn constructive ways of dealing with specific problem behaviors of young children, such as biting, hitting, and tantrums.
- Learn about Time Out as a disciplinary technique.
- Share parenting experiences that need discipline interventions.
- Discuss spanking as punishment.

Module 13 – Closure: Saying Good-bye

KEY CONCEPTS

Developing positive parenting skills is an ongoing process.
It is important to acknowledge growth and change in order to strengthen positive changes.

Goals – By the end of this session parents will:

- Acknowledge the progress they have made, the skills they have learned, and the goals they have met as a result of participating in *Make Parenting A Pleasure*.
- Set six-month goals for themselves and/or their families.
- Review high points and offer feedback for program improvement.
- Celebrate the completion of the *Make Parenting A Pleasure* class.