

Key Concepts and Goals of the Parenting: The First Three Years – Wonderful ONEs

Session 1 – Welcome to the Wonderful ONEs

KEY CONCEPTS

- ONEs view their world with wonder and curiosity.
- ONEs are positively motivated to get their needs met; parents can help them learn positive ways to do that.

Goals – By the end of this session parents will:

1. Understand the underlying themes of the *Wonderful ONEs* series.
2. Experience a friendly and safe environment where they can feel comfortable sharing their experiences and learning about parenting.
3. Agree on group guidelines.
4. Understand that they are learning along with their children. Parents can use this series to explore new ideas and grow as parents.
5. See themselves as friendly guides who help their children sort out what “works” in the larger world and within the family.

Session 2 – Little Explorers on the Move!

KEY CONCEPT

- The “child-friendly home” is a safe physical environment in which children are guided by helpful, caring grown-ups.

Goals – By the end of this session parents will:

1. View their families as continuously learning, growing, and changing.
2. Be aware of how their lives have changed now that their ONEs are mobile.
3. Be aware of how their personal styles affect their parental expectations and needs.
4. Understand large and small motor development for ONEs.
5. Know how to create a “child-friendly home.”
6. Appreciate how shared play is fun and strengthens the relationship between parent and child.

Session 3 – Connecting with Others Through Language

KEY CONCEPT

- Language opens for ONEs an expanding world of thinking, actions, and relationships.

Goals – By the end of this session parents will:

1. Appreciate reading and joint play activities as excellent ways to connect with ONEs and to promote their communication and language development.
2. Understand normal language development in ONEs.
3. Learn effective communication tools to use with ONEs.

Session 4 – Creating Family Patterns That Work

KEY CONCEPTS

- Setting up routines helps both parents and ONEs know what to expect, which develops security and self-confidence.
- Parents' roles as teachers and guides are expanding as their children grow.

Goals – By the end of this session parents will:

1. Learn the benefits of including routines in daily life.
2. Learn more about helping ONEs “sort” distinctions.
3. Explore discipline practices in their families of origin and think about how these influence their own parenting.
4. Understand that discipline is about teaching, not punishment.

Session 5 – Positive Discipline for Curious ONEs

KEY CONCEPT

- Parents understand how to guide their ONEs more effectively when they look at the world through their child's eyes.

Goals – By the end of this session parents will:

1. More fully understand the Learning Questions.
2. Understand that working with ONEs and what they like to do makes discipline easier.
3. Learn strategies that are effective with ONEs: Distraction/Attraction and setting up for success through language and action.
4. Recognize the importance of encouraging positive behavior.

Session 6 – Your Child’s Emotional Development

KEY CONCEPT

- Parents can use emotional moments to help their ONEs to learn about feelings and to build closer relationships with them.

Goals – By the end of this session parents will:

1. Explore ideas for encouraging healthy emotional development.
2. Have a deeper understanding and appreciation for their child as an individual.
3. Become more aware of their own emotional responses to situations.
4. Understand upsets from their child’s point of view.
5. Learn how to handle upsets more effectively.

Session 7 – ONEs’ Social Journey

KEY CONCEPTS

- It is normal for ONEs to be self-oriented, independent, and want parents available.
- Parents can help ONEs meet their need for connectedness through development of healthy social skills.

Goals – By the end of this session parents will:

1. Learn that liking people is different from having social skills.
2. Understand that even a ONE who enjoys others’ company will typically have a hard time “sharing” and taking turns.
3. Gain ideas to help their ONEs begin to develop healthy social skills and an understanding of others’ needs so that they can make satisfying connections.

Session 8 – Nurture Yourself So You Can Nurture Your ONE

KEY CONCEPTS

- When parents take care of themselves, they have more to give to their ONEs and are good models as well.
- Children “nurture us back” in many ways – we experience fun, joy, wonder, and connectedness with them.

Goals – By the end of this session parents will:

1. Explore their feelings and values related to self-care.
2. Recognize the importance of identifying their wants and needs.
3. Think about how they’ve structured their lives and about how they might reorganize this structure to allow their needs to be satisfied.
4. Consider what types of self-care activities they can incorporate into their lives and make a commitment to doing at least one the next week.

Session 9 – The Development of Your ONE’s Beautiful Mind

KEY CONCEPTS

- Parents can easily include rich experiences for their ONEs’ cognitive development through everyday activities.
- Children are “born to learn,” and ONEs are eager and curious learners.

Goals – By the end of this session parents will:

1. Gain some information about how ONEs’ brains develop during their second year.
2. Understand why ONEs need direct experiences as “learning material.”
3. Appreciate their child’s individual learning style.
4. Understand the importance of everyday play activities in development.
5. Learn some everyday family activities that can encourage ONEs’ cognitive development.

Session 10 – Celebrating Our Accomplishments

KEY CONCEPTS

- Principles learned in the *Wonderful* ONEs series will help parents encourage their ONEs’ healthy development.
- Developing a positive and effective parenting style is an ongoing process!
- In a Learning Family, parents and children grow and change as they learn new things and begin putting them into practice.
- Parents in *Wonderful* ONEs groups learn from and support each other through exploring new ideas and sharing experiences.

Goals – By the end of this session parents will:

1. Recognize the progress they have made, the skills they have learned, and the goals they have met throughout the series.
2. Make future plans, both for their families and for the group.
3. Celebrate the completion of the *Wonderful* ONEs program.