



Parenting: The First Three Years Group Outline for Multiple Ages

- 1) Introduction/Welcome
Introductions, overview of program, guidelines and facilities.
Assumptions about children. Family stories.
- 2) Development of child
Videos. Outline for each age 0-2. Experiences that benefit growth.
Milestones of infants, ones & twos. Ways to encourage development in the midst of everyday activities.
- 3) Discipline
Where your child is developmentally. Explore your own discipline as a child.
Learn approaches that are effective for “in the moment”.
- 4) Families that work
Routines and boundaries. Meeting the needs of the child.
Parenting style exercise. Solutions to routine problems and challenges of family.
- 5) Language & communication
Learn about the impact of your words, body language and listening skills. Tools for preverbal children, normal language and communication milestones.
- 6) Play
How infants, ones and twos learn from play. Making everyday routines a fun.
Developmental stages and play. Songs & games.
- 7) Social Skills/Emotional Development
Learning emotional styles with development. Tips for promoting healthy, emotional development. Understanding the needs of others.
- 8) Nurture Yourself & Adult Relations
Explore your feelings and values related to being a parent, learn to recognize your needs and wants and how this relates with your child. How is your life structured.
- 9) Setting goals as a parent
Goals for the family and family’s future. Values as a family. Packing a life suitcase for your child.
- 10) Celebration!
Parent and family highlights and accomplishments.