Instructor: Elizabeth Crary

Course title: Parent Education/Child Study Laboratory: 12-36 months

Course length: 3 linked quarters

Course description: Students with children, 12-24 months, enroll in Parent Education/Child Study Laboratory classes. The students attend the laboratory class one day a week with their child and one evening class each month without their child.

Participation and attendance in these classes are required. The student is also expected to fulfill specific obligations of the individual classes. Students are welcomed and encouraged to attend other related workshops or classes offered in Parent Education or Early Childhood.

This course format includes lectures, discussions and laboratory experiences designed to explore concepts as they apply to the development of children 12-36 months old. The course enables students to extract and adopt principles applicable to parenting.

Course learning objectives, to:
• Identify age-appropriate behavior and establish appropriate goals (expectations) for toddlers
• Recognize how a child’s temperament can affect behavior
• Use strategies to help children deal with their feelings
• Model different anger/stress management techniques
• Demonstrate “descriptive commenting” to help children’s language development
• Understand different ways (love languages) children feel loved
• Demonstrate positive limit-setting with children and offer age-appropriate positive choices
• Help children use power appropriately (problem-solving, negotiation)
• Identify your family values and adjust your parenting style accordingly
• Understand the effects of overindulgence and spanking, and the skills children need to avoid abuse.

Topical outline and/or major divisions: These courses have an emergent curriculum, which is individualized and dependent on student and group need. Subjects covered may include: child development (toilet training, tantrums), parent-child interaction, language, temperament, child behavior and guidance, values, self-esteem, sibling issues, adult leadership/ democratic practice/ group development, parenting roles, health, and safety.

Required text(s) and/or materials: None. In addition to handouts provided by the instructor, students may read excerpts from Is this a Phase? by Helen F. Neville, RN and Love and Limits by Elizabeth Crary.

Assignments: Students are expected to attend the lab sessions and evening parent education meetings and to participate in group discussions.

Evaluations: Grades/credits are issues quarterly on a pass/fail basis. Students are required to attend weekly laboratory class, the monthly evening meetings, and read and discuss class assignments. Absences should be discussed with the instructor so that make-up work can be assigned.

Schedule changes: In the event of inclement weather and/or other extreme circumstances, this course will follow the Seattle Public School District schedule.