

SCHOOL OF EXTENDED LEARNING: PARENTING

The Parenting program offers parents and caregivers of pre-kindergarten age children classes in two different supportive environments: *Parenting Skills* classes cover skills for parents of newborn infants to five-year olds in age-specific groups, and parents attend class with their children. In our *Parent-Child Workshops*, parents must register for both a weekly morning lab section with their child and also a weekly evening lecture. Children in classes at the *Parent Child Workshops* are aged 2 1/2 to 5 years.

Call/Llama a 805-683-8233. Hablamos español.

Courses

ECEP NC008 Preparing for Healthy Childbirth (0 Units)

Hours: 24 (16 lecture, 8 lab)

Class is designed for pregnant women and new mothers. Teaches skills and information vital to prepare women for labor and delivery and to address post partum practical parenting concerns. Includes movement sequences designed to encourage range of motion, strength, stamina, flexibility and toning of muscles. Course restricted to 98 repetitions

ECEP NC010 Child Development at the Parent-Child Workshop (0 Units)

Hours: 135 (45 lecture, 90 lab)

Within context of cooperative preschool, students learn about social, emotional, physical, cognitive development of young children, healthy separation patterns, importance of play, and strategies that support strong foundation for future learning. Students help create healthy, safe, inclusive environment, observe and interact with children in preschool lab. Class includes lecture, lab, discussion, and activities. Course restricted to 98 repetitions

ECEP NC011 Child, Family, Community at the Parent-Child Workshop (0 Units)

Hours: 127 (42 lecture, 85 lab)

Within context of cooperative preschool, students will develop a framework for positive communication, child guidance and discipline, and navigating parenting challenges of the 21st century. Students will discover community resources, learn about kindergarten readiness, and develop strategies to support children's education at home and school. Includes lecture, lab, discussion and activities. Course restricted to 98 repetitions

ECEP NC012 Parent Education in a Cooperative Preschool: Family Education and Resources (0 Units)

Hours: 82.5 (82.5 lecture)

Parents will learn about nutrition, health, first aid, safety, community resources, kindergarten readiness and transition, and parenting strategies for ensuring their child's success in school and community. Additional topics will address parenting challenges such as: influence of media and technology and helping children cope with family illness, death, separation, and divorce. Designed for parents of children age 2 to 5 years. Class includes weekly lecture, lab/discussion seminar, and activities. Course restricted to 98 repetitions

ECEP NC015 How to Respond to Tears, Fears, and Tantrums (0 Units)

Hours: 12 (12 lecture)

This course helps parents discover the reasons for challenging emotions and teaches compassionate and effective ways to respond to a crying, angry, or frightened child. Parents will learn strategies to resolve children's sleep problems, reduce aggressive behavior and hyperactivity, and increase children's self-confidence. Course is designed for parents and others involved with children from birth to age eight. Course restricted to 98 repetitions

ECEP NC017 Baby Signing for Parents of Babies and Toddlers (0 Units)

Hours: 10 (10 lecture)

Students learn a small sign language vocabulary to reduce frustration when communicating with their baby/toddler. Baby sign language can lead to a rich, satisfying language routine and enhance the parent/child relationship. Course restricted to 98 repetitions

ECEP NC019 Encouraging Enthusiasm to Learn (0 Units)

Hours: 25 (10 lecture, 15 lab)

This course will teach parents how to engage their three to five year-old children in a variety of hands-on projects designed to enhance creativity, sharpen curiosity, and develop pre-reading phonics skills. The class will explore age-appropriate activities in art, math, science, cooking, language, music and movement. Parents will learn how to design rich experiences to help build a child's confidence and positive attitude toward learning as he/she prepares to enter the elementary school years. Course restricted to 98 repetitions

ECEP NC032 Nature Walk: For Parents and Preschool Children (0 Units)

Hours: 20 (20 lecture)

Teaches parents how to be actively involved in their preschooler's education by introducing them to the world of slough and tide-pooling, beach plants, creatures of the sea, local trails and creek-beds. Students learn to teach their children about the relationship between Native American cultures and nature. Also includes exploration of environmental factors, birds, animal tracks, insect breeding, and the relationship between these elements and plants. Course restricted to 98 repetitions

ECEP NC056 Parents and Children in Parks (0 Units)

Hours: 22 (14 lecture, 8 lab)

Class meets in various local parks and teaches students how to participate with 2 1/2 to 5-year-old children in sensory activities, nature walks, story-time, and age-appropriate crafts to enhance children's physical, emotional, intellectual and social development, and strengthen parent/child relationships. Includes discussion of relevant parenting issues. Students should bring a snack. The list of park locations for the term will be distributed at the first class. Course restricted to 98 repetitions

ECEP NC065 Anger Management: Enhancing Healthy Family Values (0 Units)

Hours: 30 (30 lecture)

Class teaches new approaches to dealing with anger using techniques that control reactions to family disagreements. Students learn how to improve parent-child and intimate relationships through effective communication skills as they confront wounds from the past, modify faulty belief systems, recover from addictive behaviors, and understand and manage emotions. Students learn to empower their lives, stop generational cycles of violence, and receive support for recovering from substance abuse. Course restricted to 98 repetitions

ECEP NC071 Healthy Parenting: Recovering from Addiction and Improving Family Connections (0 Units)

Hours: 30 (30 lecture)

Course teaches parents how to improve parenting skills, relationships, and family systems by understanding the negative consequences of addiction and the role of criminal thinking in addiction. Students learn to break the chains of addiction, improve communication skills, and develop conflict resolution skills. Students learn how healing from past traumas, successfully managing anger, and recovering from addiction all lead to a sense of hope and self-esteem that can be built upon for further growth. Course restricted to 98 repetitions

ECEP NC083 Exploring Local Parenting and Community Resources (0 Units)

Hours: 20 (20 lecture)

Class teaches parents how to use local community resources as enhanced learning opportunities for 3 - 5 year old children. Students explore locations such as museums, parks and trails, children's activity centers, and tide pools, and expand the experiences with stories, crafts and other activities designed to enhance, enrich and engage both parent and child. Students bring a snack, a drink, and comfortable shoes. Course restricted to 98 repetitions

ECEP NC094 Discipline Without Punishments or Rewards (0 Units)

Hours: 12 (12 lecture)

Parents and teachers of newborns to pre-adolescents learn how to raise cooperative, responsible, and self-disciplined children. Topics include the pitfalls of punishments and rewards, the basic techniques of democratic discipline and three reasons for inappropriate behavior. Students learn how to change unwanted behavior by recognizing and meeting children's needs. Course restricted to 98 repetitions

ECEP NC118 Toddler Times for Parents of Children 12-18 months (0 Units)

Hours: 25 (10 lecture, 15 lab)

Parents learn how toddlers aged 12-18 months learn through songs, finger plays, toys, crafts, puppets and books in order to expand language, sensory learning and physical independence. Students explore and create age-appropriate play and communication in a joyful, stimulating environment. Course restricted to 98 repetitions

ECEP NC140 Music Times I: For Parents of Babies 8-16 months (0 Units)

Hours: 12 (12 lecture)

Class explores the power of rhythm, melody, tonality and beat. Students learn how music nurtures children's physical, social, emotional, and intellectual development while strengthening the bond between parent and child. Participants are exposed to various genres of music, play a variety of instruments, listen to stories with dramatization and puppets, and learn songs, rhymes, sign language and finger plays in an interactive environment. Students also learn how music can be used as a tool to guide daily routines and transitions. Course restricted to 98 repetitions

ECEP NC142 Creativity and Preschoolers: Focus on Art (0 Units)

Hours: 20 (16 lecture, 4 lab)

Parents and caregivers with children three to five years of age participate in a stimulating environment that teaches age-appropriate art experiences to enhance development. Parents facilitate children's artistic exploration using a variety of art materials, media, recipes and sensory experiences. Parents learn how creative expression leads to children's growth and development. Course restricted to 98 repetitions

ECEP NC158 Music Times II: For Parents of Children 16-30 Months (0 Units)

Hours: 12 (12 lecture)

In this course, parents and children ages 16-30 months explore the power of rhythm, melody, tonality and beat. Parents learn how music nurtures children's physical, social, emotional, and intellectual development and strengthens the bond between parent and child. Participants will be exposed to various genres of music, play a wide variety of instruments, listen to stories with dramatization and puppets, and learn songs, rhymes, and finger plays in an interactive environment. Course restricted to 98 repetitions

ECEP NC159 Infant Times I: Newborn to Crawling (0 Units)

Hours: 12 (12 lecture)

Provides current information about infant development, stimulation and "self-calming" techniques. Also provides opportunities for sharing and discussion of timely questions from new parents. Parents learn infant massage techniques, music and movements, songs, and how to make hand-made toys/equipment and play games. Course restricted to 98 repetitions

ECEP NC160 Growing Times I: Parenting Toddlers (18-24 months) (0 Units)

Hours: 16 (8 lecture, 8 lab)

Parents and caregivers with children 18 - 24 months of age meet weekly to learn to develop a safe and stimulating environment with age appropriate activities for toddlers. Parents learn about typical stages of development through child observation, direct participation with other families, and informal discussion groups. The skills learned in this class promote positive parenting attitudes and healthy parent-child relationships. Course restricted to 98 repetitions

ECEP NC161 Infant Times II: Crawling to Walking (0 Units)

Hours: 12 (12 lecture)

Provides information about infant development, stimulation and "self-calming" techniques for crawling and walking infants. Also provides opportunities for sharing and discussion of timely questions from new parents. Parents learn infant massage techniques, music and movements, songs, and how to make hand-made toys/equipment and play games. Course restricted to 98 repetitions

ECEP NC162 Music Times III: For Parents of Children 2.5 - 5 Years (0 Units)

Hours: 12 (12 lecture)

Music Times III is for parents and their children ages 2.5 - 5 years. Parents and children explore the power of rhythm, melody, tonality and beat. Parents learn how music nurtures children's physical, social, emotional, and intellectual development and strengthens the bond between parent and child. Participants will be exposed to various genres of music, play a wide variety of instruments, listen to stories with dramatization and puppets, and learn songs, rhymes, finger plays in an interactive environment. Course restricted to 98 repetitions

ECEP NC164 Growing Times II: Parenting the Two to Three Year Old Child (0 Units)

Hours: 16 (8 lecture, 8 lab)

Parents and caregivers with children two to three years of age meet weekly to learn to develop a safe and stimulating environment with age appropriate activities for toddlers. Parents learn about typical stages of development through child observation, direct participation with other families, and informal discussion groups. The skills learned in this class promote positive parenting attitudes and healthy parent-child relationships. Course restricted to 98 repetitions

ECEP NC165 Growing Times III: Parenting the Preschool Child (0 Units)

Hours: 16 (8 lecture, 8 lab)

Parents and caregivers with children two and a half to five years of age meet weekly to learn to develop a safe and stimulating environment with age appropriate activities for preschoolers. Parents learn about typical stages of development through child observation, direct participation with other families, and informal discussion groups. The skills learned in this class promote positive parenting attitudes and healthy parent-child relationships. Course restricted to 98 repetitions