



Parenting Skills Course Outline

1. Parental responsibilities
 - a. Provide basic needs
 - i. Healthy food
 - ii. Clean air
 - iii. Water
 - iv. Clothing
 - v. Sleep
 - vi. Physical activity/exercise
 - b. Create a safe environment
 - c. Cleanliness
 - i. Hygiene
 - ii. Products
 - iii. Bathing
 - iv. Involvement
 - d. Provide direction and guidance
 - e. Give support and motivation
 - i. Love
 - ii. Support
 - iii. Motivate
 - f. Discipline bad behaviors
 - g. Encourage education
2. Parenting Relationships
 - a. Single parenting
 - b. Co-parenting
 - i. Same household
 - ii. Separate households
 - iii. Long distance parenting
 - iv. Blended families
 - v. Absentee parents

- c. Adoptive parenting
- 3. Parenting Styles
 - a. Authoritative
 - i. What is it?
 - ii. Positives
 - iii. Negatives
 - iv. Effects on Children
 - b. Authoritarian
 - i. What is it?
 - ii. Positives
 - iii. Negatives
 - iv. Effects on Children
 - c. Indulgent/Permissive
 - i. What is it?
 - ii. Positives
 - iii. Negatives
 - iv. Effects on Children
- 4. Developmental stages of childhood
 - a. Infant (0-1)
 - i. Milestones (general)
 - ii. Parental expectations
 - iii. Communication strategies
 - b. Toddler (1-3)
 - i. Milestones (general)
 - ii. Parental expectations
 - iii. Communication strategies
 - c. Preschooler (3-5)
 - i. Milestones (general)
 - ii. Parental expectations
 - iii. Communication strategies
 - d. School age (5-12)
 - i. Milestones (general)
 - ii. Parental expectations
 - iii. Communication strategies
 - e. Adolescent/teenager (12-18)
 - i. Milestones (general)
 - ii. Parental expectations
 - iii. Communication strategies
- 5. Communication
 - a. Listening skills
 - b. Speaking skills
 - c. Bridge the communication gap
 - i. Understanding yourself
 - ii. Understanding your child

- d. Active communication
 - e. Family meetings
 - f. Arguing, Backtalk & Begging
 - g. Temper tantrums
 - h. Effective communication strategies
6. Establishing Limits/Rules
- a. Parental confidence
 - b. Establishing rules
 - c. Setting expectations
 - d. Forming boundaries
 - e. Common household/family rules
7. Problem Solving
- a. Identifying potential problems
 - b. System for finding solutions
8. Parenting time
- a. Planning for involvement
 - i. Communication
 - ii. Inconvenience
 - iii. Sacrifice
 - b. Schedules of the children
 - c. Parental schedules
 - d. Special events
 - e. Holidays
 - f. Vacations
 - g. Visitation
 - h. Build the shared calendar
 - i. Share the schedule
 - j. Other considerations
9. Education
- a. Tips for student success at school
 - b. Communication with educators
 - c. Homework/study time
 - d. Setting expectations
 - e. Follow up
 - f. Support and encouragement
10. Discipline
- a. Why do children misbehave?
 - b. Commit to discipline
 - c. Non-punitive methods
 - d. Using discipline to teach
 - e. Cooperation
 - f. Consequences vs. punishment
11. Teaching Life Skills
- a. Responsibility (chores)

- b. Respectfulness
 - c. Resourcefulness
 - d. Resiliency
 - e. Cooperation
 - f. Courage
 - g. Happiness
 - h. Character building
 - i. Social skills
 - j. Self-esteem
12. Decision Making
- a. Common parenting mistakes
 - b. Being a role model
 - c. Small things matter
13. Abuse
- a. Victims
 - b. Types of abuse
 - i. Verbal
 - ii. Physical
 - iii. Emotional
 - iv. Financial
 - v. Sexual
 - c. Child abuse
 - d. Child neglect
 - e. Reporting child abuse/neglect
 - f. Abuse resources
14. Resources and References