PARENTING EDUCATION COURSE TOPICS

Three different Parenting Education Programs are being offered through the Fairfax County Department of Family Services. They are:

- Program for Parents and Their Children Ages Birth to 4 (24 weeks long)
- Program for Parents and Their Children Ages 5 to 11 (13 weeks long)
- Program for Parents and Their Adolescents (12 weeks long)
- Program for Parents Raising African American Children; the length of the class depends on the age range of the basic curriculum (Birth – 4, 5-11, or Adolescent)

The Programs for Parents and Their Children Ages Birth to 4, and for Ages 5 to 11 are offered in both English and Spanish. The Program for Parents and their Adolescents, and the one for Parents Raising African American Children are offered only in English.

As appropriate, school-age children and adolescents discuss similar topics as their parents. Here’s what parents will talk about:

**Program for Birth To 4 Years: Course Topics**

1. The Philosophy of Nurturing Parenting
2. Behavior Management
3. Family Rules
4. Needs and Payoffs for Adults and Children
5. Spoiling Your Children
6. Personal Power
7. Praising a Child’s Behavior
8. Infant Massage
9. Physical Discipline
10. Baby Proofing Your House
11. Verbal and Physical Redirection
12. Touch and Talk
13. Redirection and Time-In
14. Ages and Stages
15. Developmental Stage of Infancy
16. Developmental Stage of Being a Toddler
17. Developmental Stage of Being in Preschool
18. How to Develop Skills
19. Handling Troublesome Feelings
20. Healthy Relationships
21. Stress Management Techniques
22. Establishing Nurturing Routines
23. Nurturing Diapering and Dressing Routines
24. Nurturing Feeding Time Routines
25. Nurturing Bath Time Routines
26. Nurturing Bedtime routines
27. How Parents Can Handle Their Anger
28. Rules for Fair Fighting
29. Choices and Consequences
30. Ignoring as Behavior Management
31. “I Statements” and “You Messages”
32. Problem-Solving and Decision Making
33. Helping Children With Feelings
34. Improving Self Esteem
35. How to Stimulate and Communicate With Your Child
36. Toilet Training
37. Verbal Management
38. Families and Chemical Use
39. Nutrition and Children

Program For Ages 5 – 11: Course Topics

1. The Philosophy of Nurturing Parenting
2. Developing Family Morals and Values
3. Developing Family Rules
4. Building Self-Worth in Children
5. Praising Children and Their Behavior
6. Praising Oneself and Receiving Praise From Others
7. Discipline, Rewards and Punishment
8. Developing Empathy in Children
9. Helping Children Get their Needs Met; Helping Parents Take Care of Themselves and Meet Their Own Needs
10. Developing Personal Power in Children
11. Expectations and Development of Children
12. Alternatives to Physical Punishment
13. Helping Children Handle Their Stress; Helping Parents Handle Their Stress
14. Helping Children Manage Their Behavior
15. Recognizing and Understanding Children’s Feelings; Recognizing and Understanding Parents’ Feelings
16. Communicating Thoughts and Feelings; Helping Parents Understand and Express Their Anger
17. Helping Children Handle Their Feelings
18. Establishing Nurturing Parenting Routines
19. Problem Solving, Decision Making, Negotiation and Compromise
20. Helping Children Express Their Anger Appropriately
21. Good Touch, Bad Touch
22. Using Ignoring as a Parenting Technique
23. Criticism, Confrontation and Rules for Fair Fighting
24. Healthy Relationships
Program for Parents and Adolescents: Course Topics

1. The Philosophy of Nurturing Parenting
2. Handling Feelings; Praise for Being and Doing
3. A Plan to Get Needs Met; Adult Needs
4. Building Self-Esteem and Self-Concept
5. Confrontation and Communication
6. The Formula for Communicating with “I Statements”
7. Negotiation as Communication
8. Discipline, Punishment, and Rewards
9. Helping Adolescents Manage Their Behavior
10. Alternatives to Hitting and Yelling
11. Nurturing Ways to Handle Your Anger; Life Stress Measures
12. Stress Management Techniques
13. Problem-Solving and Decision-Making
14. Growing Up In Adolescence
15. Establishing Family Rules
16. Adult Personal Power
17. Facts About AIDS
18. Families and Chemical Use
19. Depression, Suicide, and Anorexia