

## **PHILOSOPHY STATEMENT**

**BABY 'N ME** courses are offered by Bellingham Technical College. Parents/caregivers, infants, and an instructor meet together to learn more about infants and their families. The participants are given a chance each week to share the joys and challenges of parenting. Each week a topic relating to infant growth and development is presented by the instructor. Following are the general course goals:

1. To foster optimal infant development through parent(s) and infant interaction, parent-to-parent interaction, and parent group interactions.
2. To establish a basic support system by sharing with and receiving input from other parents; exploring positive and negative feelings toward infants and toward parenthood.
3. To gain a beginning understanding and knowledge of infant development, both emotional and physical, through class observations of parents and infants and also through sensual stimulation.
4. To help parents gain a beginning and/or ongoing confidence in their parental role in the areas of discipline, nutrition, safety, childhood illnesses and emergencies, and managers of family resources.
5. To develop an awareness of the joys of the parent-infant relationship and the importance of positive interaction between parent and child.
6. To familiarize parents with the various community agencies available to help meet their needs and increase their competency as a family unit.

The general purpose of these courses is to improve the parenting skills of the students thereby providing infants with a safe, healthy, enriched, happy environment in which to grow.