



BELLINGHAM TECHNICAL COLLEGE PARENTING EDUCATION

DEPT/COURSE #: CHFM 121 (non graded course)

COURSE TITLE: BABY 'N ME--1-7 months

COURSE DESCRIPTION:

The early months of parenting are filled with extremes- from sheer joy to incredible sleep deprivation. This class offers a safe, inviting, relaxed atmosphere where you can meet other parents/caregivers, build relationships and find answers to your parenting questions. Adults choose discussion topics such as sleep patterns, infant development, adjusting to parenting, games and songs and starting solids. Babies play in the same room while you gain valuable support and current information on raising a young infant.

COURSE OUTCOME:

Effectively provide for the physical, social, and emotional needs of your infant while applying effective strategies to care for yourself as the parent/caregiver.

COURSE OUTCOME ASSESSMENT:

Course outcomes will be achieved by the successful completion of at least two projects listed under assignments/ requirements.

Course outcomes will be achieved by successful mastery of all objectives listed below.

STUDENT PERFORMANCE OBJECTIVES (Course competencies):

Upon completion of the course, the parent will be able to:

- Identify how infants communicate and how they comfort themselves.
- Analyze their baby's current development and anticipated development and describe ways to participate in their baby's learning process.
- Display their baby's toys and describe characteristics of appropriate toys.
- Relate the significance of how infants comfort themselves and theories of infant sleep patterns.
- List components of assessing their baby's physical well-being and determine when it is appropriate to call the doctor.
- Analyze the child proofing needs in their home.
- Relate the importance of infant car seats and how to use them correctly.
- Determine the readiness signs for introduction of solid foods and identify appropriate finger foods for baby.
- Explore the options in childcare and identify what type of care giver he/she desires.
- Identify influences on his/her parenting style.
- Analyze and identify values and goals parents have for their infants and how to develop these over a child's lifetime.

COURSE OUTLINE:

- Session 1: Introductions, Class Orientation, Parent/Infant Communication & Cues
- Session 2: Infant Development & Toys to Support Development
- Session 3: Sleep
- Session 4: Health & Illness
- Session 5: Safety and Childproofing, Car Seat Safety
- Session 6: Nutrition
- Session 7: Childcare Options & Introduction to Signing
- Session 8: Family Relationships

METHODS OF INSTRUCTION:

1. Group activities, interaction, and discussion
2. Handouts reading and review
3. Lecture and discussion
4. Audio-visual presentations
5. Activity time with adults and babies.

STUDENT ASSIGNMENTS/REQUIREMENTS:

- Access and review multimedia material of your choice on a parenting topic and prepare a bulleted handout or develop a short paper on a relevant parenting topic using current research and information. Both parent and instructor should agree on the topic of the paper.
- Choose one of the following self-reflective activities and hand in to instructor.
 - Observe and describe your baby's self-comforting techniques.
 - Select one or two values and write 3 ways you might begin to introduce the value to your child.
 - List the childproofing you need to do in your house, yard, and car.
 - Create a solution for relieving the stress of the "power hour" at your house.
 - List three ways you and your partner can nurture your relationship.

EVALUATION AND GRADING STANDARDS:

This is a normally non graded course. To get the most out of your course, we suggest you

- Read class handouts and portions of related parenting books that relate to each weeks topic.
- Practice parenting skills learned in class with your infant outside of class.
- Review the BTC SharePoint site for Parents of Infants—(listed below).

If you choose to complete work for credits and a grade, the following are required:

1. Inform the instructor by class two that you want to register for a graded course and credit.
2. Attend class at least 80% of the time.
3. Make up assignments for missed class time.
4. Complete student assignments/requirements listed above.

ADDITIONAL INSTRUCTIONAL RESOURCES:

Program SharePoint site: <http://www.btc.ctc.edu/pi>