



BELLINGHAM TECHNICAL COLLEGE PARENTING EDUCATION

DEPT/COURSE #: CHFM 122 (non graded course)

COURSE TITLE: BABY 'N ME--8-12 months

COURSE DESCRIPTION:

As your children transition from infancy, the parenting issues you face change. This course provides a safe, inviting, relaxed atmosphere where you can meet other parents, build relationships and find answers to your parenting questions. Adults choose discussion topics such as emerging language, safety, nutrition, and beginning discipline. Babies explore in the same room and make new friends while you gain valuable support and current information on raising an older 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 outcome 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 older baby's developmental stages and share how these changes in their baby affect them as a parent.
- Create a toy using household items.
- Brainstorm appropriate foods for this age group.
- Discuss their baby's mealtime independence and its relationship to developmental growth stages.
- Analyze their baby's changing appetite as it relates to babies growth patterns.
- Examine the relationship between separation anxiety and sleep.
- Analyze information on infant sleep patterns and develop realistic expectations for their baby's sleep.
- Evaluate personal styles and decisions regarding sleep behavior and develop goals for their baby's sleep.
- Investigate child proofing needs in and around their home.
- Summarize information on baby's cognitive development and set realistic expectations for baby behavior.
- Show how to encourage positive self-esteem in their child and describe factors in their own lives that undermine their own self esteem.
- Distinguish temperament characteristics in their babies and appreciate the fact that the key to effective parenting is tuning into the child's style.
- Describe reasons for separation anxiety and ways infants comfort themselves.
- Discuss their baby's developmental tasks and how that relates to their kind of play.
- Apply methods to help and hinder baby's language development.
- Differentiate various discipline options and discuss how to apply them appropriately.

COURSE OUTLINE:

- Session 1: Orientation, Infant development & Separation Issues
- Session 2: Temperament & Making a Shaker Toy
- Session 3: Nutrition, including Weaning, Moving to Solids, Making own Baby Food
- Session 4: Sleep
- Session 5: Limit Setting & Child Proofing
- Session 6: Self Esteem
- Session 7: Play & Learning; Teaching Loop; Making a Peek a Boo toy
- Session 8: Language Development

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.
 - Develop a list of childproofing needs you have in your home.
 - List ten ways you foster high self esteem in your infant.
 - Identify three people in your support system that you can call for help if the need arises.
 - List or develop recipes or snack ideas for your child.
 - Complete a temperament scale for you, your partner, and your baby and note similarities and differences.
 - List all the words and sounds your baby makes and experiment with sign language for the words.

EVALUATION AND GRADING STANDARDS:

This is normally a 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.

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 courses and credit.
2. Attend class at least 80% of the time.
3. Make up assignments for missed class time.
4. Complete three of the assignments written above (number 1 and two others of your choice).
5. Keep a student file of all completed assignments.

ADDITIONAL INSTRUCTIONAL RESOURCES:

Class handouts

Program Share Point: <http://www.btc.etc.edu/pi>