BELLINGHAM TECHNICAL COLLEGE
PARENTING EDUCATION

DEPT/COURSE #: CHFM 123   (non credit course)

COURSE TITLE: MOMS, DADS, AND BABIES

COURSE DESCRIPTION:
Starting a new family is joyful and often stressful. Here is a chance for moms and dads to share with other parents/caregivers in a safe and stimulating environment while playing with their babies. Topics include but are not limited to: sleep patterns, infant development, adjusting to parenting, games and songs and starting solids.

COURSE OUTCOME:
Recognize and incorporate positive communication, nurturing and teaching skills in everyday interactions with my infant

COURSE OUTCOME ASSESSMENT:
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 or caregiver will be able to:
- Identify the common sources of stress and useful coping skills for families with a new baby.
- Analyze his/her baby's current sleep/wake organization and describe how to change it over time.
- Identify infant capabilities, developmental stage and how parents foster learning.
- Define the importance of infant cries
- Analyze his/her baby's disengagement and engagement cues.
- Identify the importance of feeding behavior
- Describe the responsibilities of infants and parents during feeding.

COURSE OUTLINE:
Session 1: Infant Development and Cues
Session 2: Sleep
Session 3: Adjusting to Parenthood
Session 4: Infant Feeding /Nutrition

METHODS OF INSTRUCTION:
1. Group activities, interaction, and discussion
2. Handouts and parenting texts reading and review
3. Lecture and discussion
4. Audio-visual presentations

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STUDENT ASSIGNMENTS/REQUIREMENTS:
- Read handouts and participate in discussions.
- Observe and describe your baby's self-consoling methods
- Describe 2-3 sleep training methods
- Describe the importance of the division of responsibility in feeding
- Practice communication skills and stress reduction ideas.

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 Parent Infant courses.

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 the assignments written above.
5. Keep a student file of all completed assignments.

REQUIRED STUDENT SUPPLIES & MATERIALS:
Pen and Paper

ADDITIONAL INSTRUCTIONAL RESOURCES:
Program Share Point: **http://www.btc.ctc.edu/pi**

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