

Online Parent Class Course Content

(This course syllabus is for all parenting class programs. Longer duration programs will include the same topic headings but go into more breath and depth of information on each topic. Quizzes to reinforce the material are interwoven into each chapter. The co-parenting class will include a much longer and detailed co-parenting plan than the standard parenting class.)

Chapter 1

1. Parenting: Who needs it?
2. Introduction – Author
3. Purpose and Benefit of Course
4. Course Orientation
5. Receiving Course Credit
6. Course Evaluation Procedures

Chapter 2

1. How to deal with Anger
2. Parenting, and Feelings
3. Taking Responsibility
4. The Cost of Poor Parenting
5. Protecting and enhance the child's emotional development
6. Past History of Parenting
7. Understanding the Legal process in Divorce
8. Understanding the Judicial process

Chapter 3

1. Dealing With Stress
2. Stress and Physical Health
3. Stress and Mental Health
4. What IS Stress?
5. External vs Internal Stress
6. How Stress May Be Positive
7. Stress vs. Stressed-Out
8. The Stress Response
9. Manage Stress: Step 1 – Stress Alert
10. Manage Stress: Step 2 – Life Changes
11. Manage Stress: Step 3 – Mind View
12. Manage Stress: Step 4 – Stress Guard

Chapter 4

1. Role Modeling For Our Children
2. Emotions and Our Life
3. Why Empathy Is Important
4. Lack Of Empathy
5. Why Social Awareness Is Important
6. Increasing Your Empathy
7. Empathic Listening
8. Communication
9. Acceptance

Chapter 5

1. Boundaries and Good Parenting I
2. Boundaries and Good Parenting II
3. Parental Conduct
4. Tips for Setting Boundaries
5. Child Growth and Developmental issues
6. Child welfare (nutrition, health and safety issues)

Chapter 6

1. Rewards/Consequences for Children
2. Rewards/Consequences for Children II
3. Learning Positive Discipline Techniques
4. Understanding neglect
5. Rewards/Consequence Tips
6. Building Self-Esteem
7. What is Child Abuse?
8. Common perpetrator attitudes and conduct involving domestic violence

Chapter 7

1. Communication and Parenting
2. Assertive Communication for Parents
3. Harmful Pattern #1 – Avoidance
4. Harmful Pattern #2 – Criticism
5. Harmful Pattern #3 – Passive-Aggressive
6. Harmful Pattern #4 – Aggression
7. Harmful Pattern #5 – Defensiveness
8. Harmful Pattern #6 – Contempt
9. Send Clear Messages
10. Learn How To Listen
11. Complain with "Magical Formula"
12. Acknowledge Your Part in Conflicts
13. Conflict Resolution Approaches
14. Useful Things To Say
15. Give and Take Praise
16. Express Feelings Openly

Chapter 8

1. Parenting Styles
2. Parenting Styles II
3. Parenting Styles III
4. Cultural Issues and Respect between Parent/Child

Chapter 9

1. Co-Parenting Teamwork/Planning
2. Co-Parenting Teamwork/Planning I
3. Co-Parenting Teamwork/Planning III
4. Skills in Alternative Dispute Resolution

Chapter 10

1. Step Family Problems and Concerns
2. Education on Marriage / Divorce Counseling
3. Children and Divorce
4. Types of Blended/Step Families
5. Step Family Life Cycle
6. Step Family Life Cycle II

Chapter 11

1. Common Parenting Mistakes
2. Final Examination