

# BASIC PARENTING SKILLS

Self-Improvement

## OVERVIEW:

*Basic Parenting Skills* is an individualized self-paced computer based program. It is designed for parents or care givers of children from birth to 5 years old.

*The program consists of 10 independent courses that can be taken in any order.*

In addition, each course contains a series of lessons. In all there are 31 Lessons found in the 10 courses. All of the lessons are audio and visual and most importantly the learner can switch the audio from English to Spanish.

The program is also designed to work with small groups with a facilitator leading all of the suggested activities that are found within the Facilitator's guide. The guide is designed to be used as a supplement to the Basic Parenting computer training program, It is designed to help facilitators expand on the information provided in the computer program, answer questions that might be asked, and reinforce concepts introduced in the computer-based program

## KEY POINTS

- The courses and the lessons can be taken in any order
- All courses have audio and visual lessons
- All programs are available in English & Spanish. Spanish version has text in Spanish and audio in English & Spanish
- Comprehensive Facilitator's Guide
- Comprehensive User Guide
- Site license available-unlimited use
- PC and network delivery
- Each lessons has intermittent quizzes and a post-test at the end
- Management system generate student and class reports based on time spent and test scores
- Parent/Child Activities - Comprehensive set of learning materials designed to help children achieve educational successes (Stepping Stones To Learning Component)



Basic Parenting is based on the belief in the importance of the parent(s) role in the education of the child. The software works to teach and strengthen the skills needed to play an active role in this process in the early years.

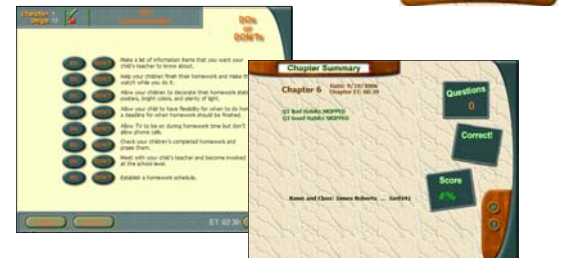
## HOW THE PROGRAM WORKS:

The core of the program is found within the 10 Computer-based Courses. As was mentioned previously there are many activities that take place out side the lessons. These are completed both individually and in small group settings. All activities and support documents are contained within the facilitators guide or the Parenting User Guide.



## COURSE SEQUENCE

- The courses & lessons can be taken in any order.
- Each lesson begins with an Introduction
- During each lesson the parent will be presented with a quiz that is based on the previous instruction



## FREE TRIAL OFFER

Contact TBS at 888-783-2283 or [info@askTBS.com](mailto:info@askTBS.com) and request the Basic Parenting demo CD The demo CD includes 3 lessons.

- When the lesson is completed the parent will receive details of test scores and time on task
- At any time in the lesson the parent can switch the audio from English to Spanish
- Help is available at any time during the lesson

# Basic Parenting Skills – 10 Course Descriptions

**Being the Teacher:** Parenting is learned. The way we parent is directly influenced by the way we are raised. There are no perfect parents because we are all human. We all make mistakes but we can learn from them. You will learn how children grow and develop. You will also learn what children can and cannot do at certain ages.

*Lessons:* 1. Your child's first and most important teacher 2. Setting a good example 3. Communicating with your child's teacher



**Family Communication:** This lesson teaches communication skills for parents to use with their children. In addition to learning how to talk to your children, so they will talk to you, learning to talk early and often. It is also important to practice positive communication with your child.

*Lessons:* 1. Personal Interview 2. Communication Skills 3. Talk Early-Talk Often



**Discipline:** The content deals with defining discipline as well as detailing the different kinds of discipline. It identifies the different ways to correct the child's discipline and deal with the repeat offender. Self discipline is introduced along with behavior management. Temper is also a very important issue for both the parent and the child.

*Lessons:* 1. Learning discipline 2. Changing Behavior 3. Deterrents & self discipline 4. Anger management



**Consistent Parent:** One important thing to remember is that it takes time and consistency on the part of the parent to see these new ways of listening and talking with our children. Consistency is the key. It is important to protect and preserve a child's feelings. The concept of IALC (I Am Lovable and Capable) is introduced to both the parent and the child.

*Lessons:* 1. Setting Limits 2. Setting the ground rules 3. Follow through



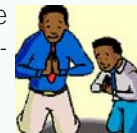
**Behavior & Social Skills:** A child's self-esteem has a tremendous impact on how that child behaves at home, at school and with friends. This lesson is designed to help the parent understand the importance of self esteem.

*Lessons:* 1. Enhancing behavioral skills 2. Behavior problems 3. Behavior concerns 4. Social skills 5. Classroom skills



**Habit Management:** Why do children do what their parents don't want them to do? Children misbehave for many reasons. Once you understand why they are acting the way they are, the easier it is to know what to do about it. This lesson covers two basic questions; a. Why are they acting this way? & b. What are they trying to gain?

*Lessons:* 1. Bad habits 2. Good habits 3. Follow through



**Co-Parenting:** Parenting can be a challenge in any family, but living in a step-family, or sharing parenting duties with an ex spouse, can add more issues to the parenting role. Learning to handle new relationships in a positive manner helps the step-family move toward the happiness the partners are seeking.

*Lessons:* 1. Equal parents 2. Children's rights 3. Parent's rights 4. Avoiding conflict



**Safety:** Children are natural explorers. They use their 5 senses and natural curiosity to explore and learn. They depend on us to prepare their environment to be safe as possible.

*Lessons:* 1. Safety basics 2. Teaching safety 3. School safety



**Health & Hygiene:** This program covers the health topics of Hand washing, Dental Hygiene, and Ways to defeat the sugar bug.

*Lessons:* 1. Germ types & Germ Illness 2. Spreading germs 3. Finding a doctor 4. Emergency medical care 5. Medical & Dental care



**Food & Nutrition:** The pre school years are often referred to as the "time for learning." This lesson will deal with Feeding your children, foods that they like, foods not suitable for children and the pyramid food guide. In addition the lessons will focus on, encouraging family exercise and activity - preventing childhood obesity

*Lessons:* 1. All about food 2. Eating smart & playing hard 3. Breakfast and snacks



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