



El Camino College
 COURSE OUTLINE OF RECORD – Official

Subject:	PAR
Course Number:	500
Descriptive Title:	Positive Parenting/Caregiving
Division:	Behavioral and Social Sciences
Department:	Childhood Education
Course Disciplines:	Child Development, Early Childhood Education
Catalog Description:	This open entry/open exit noncredit course will use a reflective approach on parenting/caregiving practices, for children ages 0-8. Topics will include: developmentally appropriate expectations, parenting styles, reflective parenting/caregiving, positive guidance/discipline and stress relief for children and parents/caregivers.
Prerequisite:	None
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	
Hours Lecture (per week):	1.33
Hours Laboratory (per week):	0
Outside Study Hours:	2.66
Total Course Hours:	24
Course Units:	0
Grading Method:	Pass/No Pass/SP
Credit Status:	Non Credit
Transfer CSU:	No
Effective Date:	
Transfer UC:	No
Effective Date:	
General Education ECC:	
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	
Other:	

<p>Student Learning Outcomes:</p>	<p>SLO #1 Developmentally Appropriate Expectations</p> <p>Students will explain developmentally appropriate expectations for young children.</p> <p>SLO #2 Positive Guidance</p> <p>Students will describe positive guidance strategies for young children.</p> <p>SLO #3 Intentional Parenting</p> <p>Students will describe the process of intentional parenting.</p>
<p>Course Objectives:</p>	<ol style="list-style-type: none"> 1. Understand the role of child development in parenting/caregiving. 2. Understand the role of attachment and temperament in relationships/interactions. 3. Describe different parenting styles. 4. Explore different guidance strategies for young children. 5. Understand the role of culture in parenting. 6. Identify different parenting resources. 7. Understand the role of self-reflection in parenting. 8. Identify coping strategies for parents/caregivers and children. 9. Understand the role of screens in modern day parenting. 10. Reflect on one’s own childhood and how that affects relationships/interactions with children.
<p>Major Topics:</p>	<ol style="list-style-type: none"> I. Child Development (4 hours, lecture) <ol style="list-style-type: none"> A. Developmental domains B. Review of developmental stages C. Temperament D. Attachment II. Parenting Styles (3 hours, lecture) <ol style="list-style-type: none"> A. Authoritative B. Permissive C. Authoritarian D. Neglectful III. Intentional parenting (5 hours, lecture) <ol style="list-style-type: none"> A. Understanding one’s own childhood experiences B. Purpose of parenting C. Constant self-reflection D. Parental values IV. Positive guidance (6 hours, lecture) <ol style="list-style-type: none"> A. Coping strategies for parents/caregivers in challenging situations B. Coping strategies for young children in challenging situations C. Limit setting with empathy D. Different cultural expectations

	<ol style="list-style-type: none"> 1. Independence 2. Interdependence <p>E. Child/parent/caregiver interactions filled with empathy</p> <p>V. Child abuse and neglect (2 hours, lecture)</p> <ol style="list-style-type: none"> A. Definition B. Prevention C. Mandated reporting <p>VI. Current Parental Issues (4 hours, lecture)</p> <ol style="list-style-type: none"> A. Screen Time <ol style="list-style-type: none"> 1. Age-appropriate guidelines 2. Setting limits B. Overindulgence C. Balancing Parenting/caregiving/work/school/hobbies D. Mental health E. Seeking community resources
Total Lecture Hours:	24
Total Laboratory Hours:	0
Total Hours:	24
Primary Method of Evaluation:	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	In groups, students will be assigned different scenarios with children. Then they will role play different alternatives using the different parenting styles.
Critical Thinking Assignment 1:	During class time, students will write a one- to two-page ungraded reflection on current issues affecting parenting.
Critical Thinking Assignment 2:	Using magazine cutouts, students will create a collage of images that represent their values in parenting/caregiving.
Other Evaluation Methods:	Class Performance, Journal kept throughout course, Presentation, True/False
If Other:	
Instructional Methods:	Discussion, Group Activities, Guest Speakers, Lecture, Multimedia presentations, Role play/simulation
If other:	
Work Outside of Class:	Journal (done on a continuing basis throughout the semester), Observation of or participation in an activity related to course content (such as theatre event, museum, concert, debate, meeting), Study
If Other:	
Up-To-Date Representative Textbooks:	Tsabary, Shefali. The Conscious Parent. Namaste, 2010 (Discipline Standard)

Alternative Textbooks:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite Category	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
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Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Cynthia Cervantes
Date:	10/24/2022
Original Board Approval Date:	12/18/2023 effective SP 2024