

CHLD 80A: COMMUNICATION & SELF-REFLECTION PRACTICES FOR NANNIES

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2021
Units:	2
Hours:	2 lecture per week (24 total per quarter)
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade Only
Repeatability:	Not Repeatable

Student Learning Outcomes

- A successful student will be able to demonstrate competence using effective communication skills to strengthen the nanny-parent relationship.
- A successful student will be able to demonstrate awareness and sensitivity to cultural differences in families.
- A successful student will be able to utilize reflective practices in order to gain new insights of themselves and improve their practice and communication skills.

Description

This course focuses on empowering nannies by learning the unique characteristics of communication with parents as employers. Complexity of communicating with families with different cultural backgrounds, values, and child rearing styles is also explored. Topics include best practices in effective communication and conflict management. This course also focuses on developing professional documents, setting expectations with employers, and reflective practices for nannies. This course is experiential, inviting students to delve into their own practices and engage in personal reflection regarding child rearing philosophies and communication styles.

Course Objectives

The student will be able to:

1. Understand and apply the the principles of effective communication
2. Gain a sense of empowerment as a member of the workforce
3. Utilize self-reflection as resource to increase self-awareness and to improve professional practice
4. Understand and reflect on the relationship between culture and communication
5. Create professional documents
6. Partner with parents on child development and caregiving approaches
7. Support child development through the nanny-child relationship
8. Utilize reflective practice techniques

Course Content

1. Understand and apply the principles of effective communication
 - a. Learn key models of communication
 - b. Learn and practice active listening skills
 - c. Learn how to give and receive feedback effectively
 - d. Identify the major causes of conflict
 - e. Increase confidence and competence in managing difficult conversations utilizing nonviolent communication skills and other effective communication models
 - f. Understand different types and roles of communication technologies
 - g. Identify barriers to effective communication
2. Empower nannies as a workforce
 - a. Develop an introductory understanding of the role of nannies, domestic care work, and ongoing organizing movements from a social justice framework including but not limited to community cultural wealth theory
 - b. Develop understanding of domestic worker rights and how it relates to nannies
 - c. Explore professional resources and ways to join and participate in local professional organizations and with other domestic workers and caregivers
3. Utilize self-reflection as resource to increase self-awareness and to improve professional practice
 - a. Reflect on family of origin and current family cultural practices and values
 - b. Reflect on personal child rearing philosophies
 - c. Identify personal communication styles using personal communication inventories
 - d. Reflect on personal active listening skills/barriers to communication
 - e. Develop awareness of own communication strategies, self-concepts, and coping strategies
 - f. Reflect and practice effective and sustainable self-care and community-care
 - g. Develop an ongoing self-care and community-care plan
 - h. Identify reflective practices for managing and strengthening ongoing relationships with parents and children
 - i. Utilize reflective practices as tool for continual curriculum adaptations
4. Understand and reflect on the relationship between culture and communication
 - a. Explore different cultural practices around communication from around the globe
 - b. Understand the importance of communication patterns and family rituals
 - c. Identify current or family of origin communication practices and values
 - d. Explore cultural similarities and differences in child rearing styles
5. Partner with parents on child development and caregiving approaches
 - a. Make children's learning and the process of the educational experience visible to parents through documentation
 - b. Collaborate with parents on acceptable child rearing approaches and child behaviors

- c. Develop transition plan (in and out of the family) in collaboration with parents
 - d. Collaborate on managing cultural similarities and differences in child rearing styles
 - e. Develop an understanding and plan for communication with family's care team - doctors, teachers, allied professionals, and extended family
6. Support children's development through the nanny-child relationship utilizing relationship-based, connection-based and trauma-informed theory and strategies
- a. Develop an understanding of how nanny-child communication patterns shape children's self-concept, competence, and confidence utilizing attachment theory principles
 - b. Learn communication strategies to support children's physical, cognitive, spiritual and social-emotional development including growth vs. fixed mindset and connection-based tools such as but not limited to Hand in Hand Parenting approach
 - c. Learn strategies to support children's development of positive self-image, competence, and confidence
 - d. Plan and support children's experience in nanny transitioning in and out of the family using a connection plan
 - e. Develop daily connection plan between nanny and each child
 - f. Understand the important role of a nanny as a consistent presence in a child's life to buffer a child against early adverse experiences
7. Create professional documents for the nanny profession
- a. Create a nanny resume
 - b. Create a work portfolio
 - c. Learn and practice interviewing techniques for determining desired nanny placement
 - d. Develop a nanny employment contract
 - e. Practice negotiation techniques

Lab Content

Not applicable.

Special Facilities and/or Equipment

When taught via Foothill Global Access, on-going access to computer with email software and hardware; email address.

Method(s) of Evaluation

Class discussion
 In-class activities
 Program observation assignments
 Midterm examination
 Oral presentations and demonstration

Method(s) of Instruction

Lecture
 Discussion
 Cooperative learning exercises
 Oral presentations
 Demonstration
 Field trips

Representative Text(s) and Other Materials

Rosenberg, M.B., Ph.D.. Nonviolent Communication. 2003.

Stone, D., B. Patton, and S. Heen. Difficult Conversations. 2000.

Small, M.F.. Our Babies, Ourselves. 1999.

DesRosiers, A.. The Nanny Manual. 2018.

Lightfoot, S.. The Essential Conversation: What Parents and Teachers Can Learn from Each Other. 2003.

Despite the age of some of these texts, they remain relevant.

National Nanny Standards, 2019 - retrieved from www.usnanny.org/
 NDWA Domestic Worker's Bill of Rights: www.domesticworkers.org/sites/all/themes/NDWA2017/images/LearnMore.pdf &
membership.domesticworkers.org/get-involved/the-national-domestic-workers-bill-of-rights/

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

1. Reading and study of the text(s).
2. Reading and written response to test questions, assignments and relevant articles and readers.
3. Reaction writing assignments to video viewings and experiences, such as research projects and field trips.
4. Research, planning and written evaluation of individual or group creative projects.

Discipline(s)

Child Development/Early Childhood Education