

NCP 403: BUILDING BRIDGES, OPENING DOORS, RAISING EMOTIONALLY HEALTHY CHILDREN

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2022
Units:	0
Hours:	24 lecture per quarter (24 total per quarter)
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Student Learning Outcomes

- Students will be able to identify and explain the critical needs of children.
- Students will be able to identify local family, community and educational resources.
- Students will be able to demonstrate methods of intentional, systemized strategies for raising emotionally healthy children.
- Students will be able to explain the relationship between healthy families and healthy children.

Description

A Parents as Partners Series targeted to families and their caregivers, providers and educators serving these families. Provides an understanding of the importance of meeting emotional needs in raising healthy, school-college ready children through parenting and child development, prenatal through adolescence. Completion of this course helps prepare students for credit courses in child development. May be offered bilingually.

Course Objectives

The student will be able to:

1. identify and explain the critical needs of children and families
2. demonstrate methods of intentional, systemized strategies for raising emotionally healthy school-college ready children by utilizing family, community and educational resources
3. explain the connection between emotionally healthy parents, caregivers and emotionally healthy children
4. identify community and educational resources and events

Course Content

This course will encompass several parenting education areas:

1. Critical needs of children and families
 - a. Critical needs: respect; communication and connection; resiliency; aspirations; identity; love
 - b. Learn developmentally appropriate methods of applying the principles of the emotional needs
 - c. Understand emotional well-being as a foundation for school and workforce readiness
2. Parenting skills: identifying supportive and non-supportive behaviors
 - a. Identify and understand the difference between reactive and intentional parenting
 - b. Learn effective parenting techniques by examining actual family scenarios
 - c. Learn to approach discipline as an opportunity to teach, learn and connect
 - d. Increase awareness of positive parental role modeling through self-reflection
3. Strategies for raising emotionally healthy children
 - a. Learn techniques and guidelines for conscious decision-making
 - b. Create action plans that best meet family needs
 - c. Identify elements of respectful communication
 - d. Establish incremental steps in making behavioral changes
4. Emotionally healthy parents, caregivers and emotionally healthy children
 - a. Understand the influence of family memories and experiences on our interactions with children
 - b. Examine values and set priorities
 - c. Create a safe and supportive home and school environment
 - d. Examine ways to maintain a balance between, work, family and self-care
 - e. Create and extend a sense of community
5. Community resources and events
 - a. Learn about local resources for parents in Santa Clara County
 - b. Learn how to engage in the K-12 and college systems of education
 - c. Learn about local health services
 - d. Learn about Social Service agencies
 - e. Learn about domestic violence prevention
 - f. Learn about Family Resource Centers and provider resources
 - g. Learn about upcoming family events
6. Educational resources and events
 - a. Learn about Foothill College ESL lab/classes
 - b. Learn about opportunities in the field of early education and childcare through Foothill College Child Development Department
 - c. Learn about career and professional growth opportunities
 - d. Learn about services for children with special needs
 - e. Learn about navigating the California education system through Foothill College

Lab Content

Not applicable.

Special Facilities and/or Equipment

When taught online/virtual: students and faculty need internet access with Zoom-capable computer, monitor and speakers.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Participation in class discussions, activities, individualized, small group and teamwork

In-class writing assignments, journaling

Demonstration, role modeling and practice

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture

Discussion

Demonstration

Group work

Representative Text(s) and Other Materials

Handouts, brochures, pamphlets, articles, instructor developed materials, videos and DVDs.

Example of handout: [Importance of Social Emotional Development](#):

Social-emotional development grows through loving relationships between children and their families. Children who feel loved learn they are lovable. Your child's sense of who they are in the world affects how much they will learn, and the quality of relationships they build with others.

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

1. Example of a class assignment: Parents' emotional health and level of stress affects the relationship with children. Discuss and identify: Stressors in your life, ways to reduce stress and promote positive parent-child interactions
2. Example of a reading assignment: Read [Help Your Child Become a Great Problem Solver](#) and identify five ways to start a conversation with your child to encourage problem-solving and build skills

Discipline(s)

Parent Education: Noncredit