



CFS 160 - Parenting Course Outline

Approval Date: 05/10/2018

Effective Date: 08/13/2018

SECTION A

Unique ID Number CCC000280787

Discipline(s) Child Development/

Division Career Education and Workforce
Development

Subject Area Child Family Studies

Subject Code CFS

Course Number 160

Course Title Parenting

TOP Code/SAM Code 1305.00 - Child Development* / C -
Occupational

**Rationale for adding this course to the
curriculum** Unarchiving

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 54.00

Lab 0.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 108.00

Total Contact Hours 54

Total Student Hours 162

Open Entry/Open Exit No

Maximum Enrollment

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course explores a wide range of parenting theories and techniques, utilizing a theoretical foundation with a practical approach. There is particular emphasis on building self-esteem, verbal and non-verbal communication, power, and control.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Recognize the different stages of parenting

2. Course Objectives: Upon completion of this course, the student will be able to:

A. Explain and utilize at least five different approaches to discipline

B. Apply at least 5 different approaches to build child self-esteem

C. Recognize the different stages of parenting

D. Value a variety of family styles and structures

E. Identify cultural differences in parenting

F. Formulate and test a variety of verbal and nonverbal communication styles

G.

3. Course Content

A. Stages of parenting

B. Cycles of development

C. Discipline

D. Feelings

E. Self-esteem

F. Family styles

G. Communication

H. Raising siblings

I. Understanding and accepting emotions

J. Cultural influences on parenting

K. Influences of environment on parenting skills

L.

4. Methods of Instruction:

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Oral Presentation -- Read a portion in the book From a Parent's Perspective and give a report.

Final Exam -- Final exam which will include essay questions on content covered in text.

Additional assessment information:

Final grade will be based on the following criteria:

1. Class participation and discussion

2. Written responses to readings

3. Journals

For example:

Students will maintain a reflective journal on the readings and class discussion. The journal may include reflections on applying the reading and discussion to the student's experience of parenting.

4. Oral presentation

5. Final exam

For example:

A short answer question on the exam may be: "Identify the stages of parenting and the characteristics of each stage."

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Reading assignments are based on textbook readings or instructor generated handouts.

For example:

1. Read chapter 2 in "The Wining Family" which covers the different approaches for building a child's self-esteem.

2. Read chapter 11 in "Parent-Child Relations: An Introduction to Parenting" which explores single parent family systems and provides the reader with perspectives and research on single parent families.

B. Writing Assignments

1. Written response

For example:

Read Chapter 2 in "Parent-Child Relations: An Introduction to Parenting" on Diversity of Contemporary American Families and responded to the questions on the written response form distributed in class.

2. Oral presentation

For example:

Students will choose a topic of interest from a course text and create an oral presentation for the class.

C. Other Assignments

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7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Binger, Jerry
Title: Parent-Child Relations: An Introduction to Parenting
Publisher: Prentice Hall
Date of Publication: 2013
Edition: 9th

Book #2:

Author: Hart, Louise
Title: The Winning Family: Increasing Self-Esteem in Your Children and Yourself
Publisher: Mead & Co.
Date of Publication: 1993
Edition:

Book #3:

Author: Greenspan, Stanley
Title: Great Kids
Publisher: Da Capo Press
Date of Publication: 2007
Edition:

B. Other required materials/supplies.