



# Science of Parenting: Parenting Young Children

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The Rialto Unified School District Early Education Department is pleased to partner with Cal State San Bernardino to present this 9-session parent education course in English and Spanish and in person.

Free parenting manual  
Graduates earn a certificate of completion



# Science of Parenting: Parenting Young Children

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## **Session 1. MEET & GREET; INTRODUCTION TO THE COURSE**

Welcome! We'll introduce ourselves, give you an overview of the course, share some introductory material about parenting, answer any questions, and have you fill out some initial intake paperwork.

## **Session 2. INTRODUCTION TO PARENTING**

This session discusses research findings on what children need the most from their parents. The most important of these needs is a "secure" parent-child attachment relationship. The session concludes with a discussion of how parental stress impacts parenting.

## **Session 3. EARLY BRAIN DEVELOPMENT**

Research studies over the last 25 years have provided us with a better understanding of early brain development, including how it influences child behavior. In this session, we review these findings and discuss their implications for parenting young children, including how to best support children's early brain development.

## **Session 4. UNDERSTANDING CHILDREN'S BEHAVIOR**

The goal of this session is to provide parents with a better understanding of children's behavior. We discuss the "meaning" and common causes of difficult/challenging behaviors, and effective, developmentally-appropriate ways to respond using positive child guidance. Active listening and other strategies for responding to children when they have a problem or need are reviewed. The importance of children's emotions is highlighted.

## **Session 5. CHILD DEVELOPMENT (0-5 yrs.): MILESTONES, KEY NEEDS, & GUIDANCE TIPS**

Understanding developmental milestones provides a window into what children are like, why they behave the way they do, what they are able (or not able) to do, and what their needs are at each age. This session covers developmental milestones, key needs, and guidance tips for infants, toddlers, and preschool-aged children.

## **Session 6. GUIDANCE & DISCIPLINE: PUNISHMENT vs. POSITIVE GUIDANCE**

We first discuss what "positive child guidance" is: i.e., ways of communicating and interacting with children, and guiding children's behavior that are based on research and which support children's development. We then examine the use of positive child guidance strategies vs. traditional punishments (e.g., time outs, spanking) for "discipline" (i.e., setting limits, setting boundaries) – including how effective each is and how each affects children's development.

## **Session 7. USING POSITIVE CHILD GUIDANCE to SET LIMITS and GAIN COOPERATION**

Setting limits and getting children to cooperate are typically frustrating and challenging aspects of parenting. In this session, we review a variety of effective, positive child guidance strategies that will provide you with skills to successfully navigate these moments. These helpful strategies also build the child's brain, thinking skills, language development, and social-emotional skills.

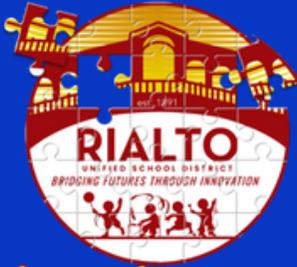
## **Session 8. LANGUAGE ENVIRONMENT: "PARENT TALK" and READING ALOUD**

A rich language environment from 0-5 yrs. is critically important for early brain development! It also builds children's language and thinking skills, and helps children be ready to start and succeed in school. In this session, parents will learn why a rich language environment is so important and how to create a language rich environment through "conversational turns," lots of "parent talk," and reading aloud to children from early infancy on.

## **Session 9. IMPORTANCE OF EARLY CHILDHOOD EDUCATION; HELPING YOUR CHILD GET READY FOR KINDERGARTEN**

We first discuss children's play – why it is important and what children gain from it (and guidelines for adults). Next, we review why attending preschool is valuable for children and what children learn in a high-quality preschool program. We also discuss what to look for in a preschool program. Finally, we discuss how to help your child get ready for kindergarten – and how to help them succeed in school.

# Session Dates



Early Education

## English Sessions

March 23, 2023

March 30, 2023

April 6, 2023

April 13, 2023

April 20, 2023

April 27, 2023

May 4, 2023

May 11, 2023

May 18, 2023

from 8:15am-10:15am



## Spanish Sessions

March 20, 2023

March 27, 2023

April 3, 2023

April 10, 2023

April 17, 2023

April 24, 2023

May 1, 2023

May 8, 2023

May 15, 2023

from 8:15am-10:15am



Sessions will be in-person  
at 815 S. Willow Ave, Rialto, CA 92376



Institute for  
Child Development  
& Family Relations

CAL STATE SAN BERNARDINO

