

COURSE SYLLABUS

I. General Information

1. Course Title: *Early Childhood Parenting Made Fun*®
2. Course Facilitator: _____
3. Course Credit: _____
4. Target Audience: Parents of children ages birth through six, as well as mental health professionals and educators working with families.

II. Course Goals

This course has been designed to help participants learn skills for:

1. Creating home environments that stimulate responsibility, resiliency, and academic achievement
2. Preventing misbehavior
3. Avoiding power struggles while setting limits
4. Teaching character and responsibility through modeling and the application of logical consequences instead of punishment
5. Teaching children healthy problem-solving skills
6. Staying calm in stressful parenting situations
7. Helping children become prepared to resist drugs, alcohol, violence, and other dangerous behaviors

III. Course Description

This course follows the parent training program titled *Early Childhood Parenting Made Fun* developed by Jim Fay and Charles Fay, Ph.D.

This program consists of five separate modules, each of which teaches a different subset of skills. Each of these skill subsets is taught through the following media:

- Video presentations by Jim Fay and Charles Fay, Ph.D., discussing, modeling, and providing examples of each skill
- Readings
- Structured group exercises and discussions

IV. Course Outline and Objectives

1. Module One: Introduction and Handling Misbehavior Without Breaking a Sweat

Participants will learn:

- The importance of setting appropriate behavioral limits
- The importance of holding children accountable for their poor decisions through the use of logical or natural consequences
- Why its normal for children to test and protest limits and consequences
- How to avoid getting pulled into un-winnable arguments with children
- Why these arguments are so damaging to the long-term development of respectful and responsible behavior
- The importance of providing a strong message of love and empathy...instead of anger and frustration... while providing limits and consequences

2. Module Two: Teaching Kids to Listen the First Time

Participants will learn:

- How to set limits without anger, lectures, or threats
- Why giving repeated warnings creates kids who come to need them
- How to turn common childhood mistakes and misbehavior into valuable learning opportunities
- About three types of parenting styles: Helicopters, Drill Sergeants, and Consultants
- How to avoid stealing opportunities for learning responsibility by rescuing children from the consequences of their misbehavior
- Specific strategies for responding to misbehavior at home and in public

3. Module Three: Avoiding Power Struggles

Participants will learn:

- That perceived control is a basic human emotional need
- That we can either give control on our terms or wait for our children to take it from us on their terms
- Why parents who give plenty of appropriate choices find themselves in fewer power struggles with their kids
- Specific guidelines of sharing control through choices
- Rules for the appropriate use of choices
- When not to give choices

4. Module Four: Limits Create Happier Parents, Happier Kids, and Happier Families

Participants will learn:

- More reasons why setting limits is so important
- That young children who have limits grow into teenagers who are more fun to be around
- Why setting limits by telling children what to do creates power struggles
- How to set limits by describing what you will do or allow (using Enforceable Statements)
- How to apply enforceable statements to every day issues such as meals, getting dressed, picking up toys, whining, etc
- How to replace idle threats with enforceable limits
- A step-by-step plan for teaching young children to get ready to go in the morning

5. Module Five: What to do When Your Kids Leave You Speechless

Participants will learn:

- Why it's ok to begin delaying some consequences with children who are getting too big to carry safely
- How to know if your child is capable of benefiting from delayed consequences
- The importance of taking some time to calm down, plan, and get some support when your kids are leaving you speechless
- Elements of a successful Strategic Training Session
- How to begin using chores and other types of restitution activities

V. Evaluation

Between each module, participants will complete a Reaction/Experimentation Sheet, detailing what they believe to be the most valuable skill they learned in the previous module, how they experimented with this skill at home or on the job, and the results of their experiment.

A final exam will be administered after the last module. This final exam will be developed by the facilitator of the program.

VI. Bibliography

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