



Online Parenting Programs

12 Hour Online Parenting Skills Class Ages 0-5

Parenting 101

- What will you learn
- Tips to Success
- Pre-Test Assessment
- The Basics

- Parenting Styles
- What Type of Parent are You?
- Self Help

Developmental Stages

- What Will You Learn
- 0 - 2 Years
- 2 - 3 Years
- 3 - 5 Years
- Practice Quiz

Sleep Issues

- What you will learn
- Sleep Issues
- Develop a Pre-Bedtime Routine
- Sleep Disorders
- Bedtime Troubles

- Bring Out the Stars
- Practice Quiz

Nighttime Fears

- What Will You Learn
- Nighttime Fears
- How Much Sleep Is Enough?
- Are Nighttime Fears Abnormal?
- Practice Quiz

Potty Training

- Potty Training Checklist
- Starting Toilet Training: The 7 P Plan
- Practice Quiz

Self-Esteem and Socialization

- What Will You Learn
- What is Self-Esteem
- Socialization
- Parental Influence on Children
- Practice Quiz

Childcare

- What Will You Learn
- Choosing Childcare
- Types of Childcare
- Signs of Bad Childcare
- Preparing For Disaster

- Summer Care
- Backup Childcare Plans
- Childcare Checklist

Your Children and Discipline

- What will you learn
- When Parents Disagree about Discipline
- Peace and Your Home
- Response Conversations
- Good Discipline
- Teaching Good Manners
- Reasons for Your Child's Behavior
- Children and Manipulation
- Effective Punishment
- Practice Quiz

Raising Healthy Children

- What Will You Learn
- Benefits of Healthy Eating
- Nutrition Guidelines
- Grocery List
- Helpful Sources
- Advantages of Breastfeeding
- Fetal Alcohol Spectrum Disorders
- Practice Quiz

Raising Children with Disabilities

- What Will You Learn

- What are Learning Disabilities?
- Special Needs
- Strategies for Parents
- Practice Quiz

Children and Transitions

- Dealing with Change
- Nurturing Relationships
- Tantrum and Your Children
- Speeding up Your Slow Child
- Practice Quiz

Resources

- Helpful Resources
- Parenting Contract

Final Exam

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Survey

- Post-Test Assessment

Completion

- Completion