

# CHLD 134: PARENT-CHILD INTERACTION

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Total Student Learning Hours:	162
Strongly Recommended:	ENGL 101.
District General Education:	D2. Behavioral Science
Transferable to CSU:	Yes
Transferable to UC:	No
Grading Method:	Standard Letter

## Catalog Course Description

This course explores dynamics of the parent-child relationship. Students will analyze the process of being a parent, stages of parenthood, and consider both internal and external forces that influence parent-child interactions. A focus on children from birth to adolescence will include understanding developmental needs. A problem solving approach to the parent-child interaction will be examined to promote positive relationships within a harmonious family atmosphere. 54 lecture hours.

## Course Objectives

- Demonstrate an understanding of the impact of parent styles on the parent-child interaction and develop strategies and decision making skills that nurture positive interactions and developmental outcomes.
- Demonstrate understanding of strategies to implementing positive discipline techniques that consider the developmental needs of children from infancy to adolescence.
- Demonstrate understanding of the ecological contexts that influence the parent-child relationship, family atmosphere and developmental outcomes.
- Demonstrate understanding of parenting issues, tasks, and experiences including the "Stages of Parenthood."

## Major Course Content

1. Concepts, Goals and Strategies of Parenting
  - a. Parenting is a Process
    - i. The role of the child
    - ii. The role of the parent
    - iii. The role of society
  - b. Theories of Development
    - i. Parenting Styles and Developmental Outcomes
    - ii. Bronfenbrenner's Bioecological Model
  - c. Establishing Close Emotional Relationships with Children
    - i. Fostering secure attachments and harmonious family interactions

- ii. Identifying and dealing with negative feelings
  - iii. Positive discipline
- d. Shaping and Modifying Children's Behaviors
    - i. Helping children learn
    - ii. Establishing and enforcing limits
  2. Parenting at Developmental Stages
    - a. Parenting Infants & Toddlers
      - i. Theories of development: infancy/toddlerhood
      - ii. Issues, experiences and strategies for parents
      - iii. Galinsky's Stages of Parenthood: The Image Making and Nurturing Stage
    - b. Parenting in Early Childhood
      - i. Theories of development: 2-5 years
      - ii. Issues, experiences and strategies for parents
      - iii. Galinsky's Stages of Parenthood: The Authority Stage
    - c. Parenting School Age Children
      - i. Theories of development: 6-11 years
      - ii. Issues, experiences and strategies for parents
      - iii. Galinsky's Stages of Parenthood: The Interpretive Stage
    - d. Parenting Adolescents
      - i. Theories of development: Puberty- Early Adulthood
      - ii. Issues, experiences and strategies for parents
      - iii. Galinsky's Stages of Parenthood: Interdependent and Departure Stage
    - e. Parenting in Varying Life Circumstances
      - i. Parenting and work
      - ii. Parenting in diverse family structures
      - iii. Parenting in times of trauma

## Suggested Reading Other Than Required Textbook

Family Studies, Child and Adolescent Journals

## Examples of Required Writing Assignments

Positive Discipline Strategies Application Lesson: After being provided with brief written "Parenting Dilemma" prompts by the instructor, students will problem solve the "dilemma" using positive discipline strategies (1-2 pages per prompt)

Family Harmony Analysis: Students will write a paper (2-3 pages) that describes, evaluates and analyzes parenting styles and discipline methods that nurture harmonious family dynamics and positive parent-child relationships.

## Examples of Outside Assignments

Stages of Parenthood Analysis Paper: After interviewing a parent (or parents), write an essay (2-3 pages) that identifies, describes and analyzes their stage(s) of parenthood (Galinsky's Theory). Current Event Research: Identify a current event and examine the effect on parent-child relationships in 1-2 written pages. Observations: Observe and evaluate in writing (1-2 pages) interactions, decisions and discipline methods used in the parent-child relationship.

## Instruction Type(s)

Lecture, Online Education Lecture