

2010 Parenting 101

Official Syllabus

Parent Road, Inc.
Atlanta, GA (800) 641-5539

The Parenting 101 program was designed to address the needs and concerns of parents. Parenting 101 focuses on concepts important for parenting effectiveness such as communication skills, guidance techniques, and positive discipline strategies.

The emphasis is on building skills, providing support, and helping parents understand the needs and abilities of children during different stages of development.

Administration of this program is through **Parent Road, Inc.**, a nationally recognized 501c3 organization.

Training Formats

This course is offered in an Advanced Format and a Basic Format.

The **Advanced Format** is designed to guarantee the highest accountability. It includes an oral examination and classroom interaction with other students using video technology.

The **Basic Format** includes the same class instruction as the Advanced Format but without the video interaction with other students. It also may or may not include an oral examination.

We code each student's certification number to indicate which class format was used and whether or not a student has participated in an oral examination. Community professionals can recommend a particular format to students, i.e., "We accept Parent Road certified training in the Advanced Format or the Basic Format when you include a proctored oral examination."

Certification Criteria

Parenting 101 Advanced includes (15) training hours with an option to add additional hours. There are (12) hours of class instruction and (3) hours of small group interaction. Additional hours of training are to students who participate in additional small group interaction.

A Parenting 101 *Advanced* student must fax or electronically submit a copy of his or her valid state-issued photo ID prior to participating in a small group. In addition, prior to certification each student must participate in (12) hours of instruction, answer discussion questions, pass a Final Exam, participate in at least (3) hours of small group interaction, and pass an oral examination.

Parenting 101 Basic includes (12) training hours with no option to add additional hours. The (12) hours of training includes class instruction only.

A Parenting 101 *Basic* student must participate in (12) hours of classroom instruction, answer discussion questions and pass a Final Exam. Students have the option of adding a proctored oral examination. If a student adds the oral examination, he or she will be required to fax or electronically submit a copy of his or her valid state-issues photo ID prior to participating in the oral examination. The benefit of adding the proctored oral examination is that it increases student accountability more affordably and it doesn't require webcam technology. Proctors are required to be a school teacher, school administrator, probation officer, or social worker. The oral examination includes up to (10) correctly answered questions from the student's Final Exam and the process is conducted through the proctor's official email.

Students are provided supportive guidance throughout the training process. Parent Road extends opportunities for each student to produce the reasonable work-quality required of each class. If a student fails to perform any of the basic requirements for certification, he or she will not be certified and may not be entitled to a refund due to the organizational resources used during his or her training.

Class Instruction Details

Parenting 101 has seven structured modules. Each module includes instructions, visual aids, class discussion questions, quizzes, and homework. Students who have provided all necessary documentation will be granted access to a Final Exam. In all cases, taking the Final Exam is not appropriate unless a student has successfully reviewed each module and adequately answered the related discussion questions.

Module One: Child Development

Effective parenting requires a clear understanding of the developmental limitations and abilities of children at different ages. This module focuses on child development, common parenting issues at different developmental stages, and parental expectations. Guidance strategies for children of different ages are introduced and discussed.

Module Two: Active Listening

This module introduces participants to the skill of listening as a foundation for effective family communication. Techniques for conveying acceptance and emotional support through active listening skills are highlighted and participants are invited to explore their current listening style. How effective listening can be used in various parenting situations is discussed.

Module Three: Building Understanding

Continuing with the theme of family communication, this module introduces participants to speaking skills that help increase understanding and cooperation. The impact of nonverbal communication is emphasized, and parents are introduced to “I- Messages” as a strategy for communicating clearly about feelings and for setting limits and making requests.

Module Four: Helping Children Behave

This module is designed to help students master strategies for increasing desired behaviors in their children through the use of praise, reinforcement, setting limits, redirection, and modeling. Ineffective methods of handling children's misbehavior are discussed and communication skills that work well for providing child guidance are reinforced.

Module Five: Sensible Discipline

Discipline strategies are aimed at decreasing unwanted behaviors in children. This module focuses on techniques for effective and fair discipline, including ignoring, time out, and natural and logical consequences. The reasons for children's misbehavior are explored, along with common discipline problems and recommended solutions.

Module Six: Self-Care for Parents

This module acknowledges the stress, insecurity, and low sense of self-esteem experienced by many parents who feel overwhelmed by parenting responsibilities. Participants are encouraged to focus on self-care and to pay attention to the potential negative impacts of not caring for themselves. Assertiveness, affirmations, time management, and strategies for dealing with the stress that results from negative "self-talk" are addressed.

Module Seven: Tomorrow and Beyond

The final structured module emphasizes problem-solving, planning, and encouraging resilience in children. Parents are introduced to a problem solving model for working through future parenting challenges. The module also provides closure for the parenting class by asking participants to review their parenting goals from the first session, to assess progress, and to set goals for the future.

Verification of Training

Certification for this course requires a minimum Final Exam score of 90%. The test results as well as all additional supportive documentation are available upon request in the form of a student report. Student reports are only released electronically directly to a student in the form of a PDF file. The information in this file can be “verified” by third-parties who have the report’s identification number, however the detailed information within the report will generally not be “released” to anyone other than the student.

All students must agree to allow full-public access to limited-query information. This means that basic information about a student’s training will be accessible to anyone who visits the Parent Road website. The basic training information will be released when a *training verification* query is performed using a valid certification number. This allows community professionals and other parties to verify a student’s certification status. The information provided will always include a student’s first and last name, the type of class, and the date of certification. A PDF image of a student’s original certificate may be also be accessible.

To view a sample query, perform the following steps:

- 1) Go to parentroad.org/verify.html
- 2) Enter this sample certification number into the query box: **AM124LBA**
- 3) Press the “Verify” button and notice the results

Understanding Certification Numbers

Codes ending in "A" (example AM124LBA)

Codes that end in an "A" indicate a student who has presented our organization with a state-issued photo ID and who has attended live video conferences. These students have also completed an oral examination to verify that they have successfully understood course material.

Codes ending in "P" (example AM124LBP)

Codes that end in a "P" indicate a student who has taken a "Basic Course". The student also has presented our organization with a state-issued photo ID and he or she has passed an oral examination by a credible independent proctor to verify that he or she has successfully understood course material.

Codes that end in a "B" (example AM124LBB)

Codes that end in a "B" indicate a student who has taken a "Basic" course with our organization. The training has not been verified by oral examination.