

Lotus Family Support and Education Center Presents:

Building Stronger Communities Through Informed Parenting



Course description and objectives

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Philosophy: Whole Child Whole Family: At the Lotus Family Support and Education Center our parenting course, is dedicated to fostering the holistic development of both the child and the parent, recognizing that a thriving family unit is built upon the well-being and growth of each member. We adhere to the belief that nurturing the "whole child" involves addressing not only their cognitive and academic needs but also their emotional, social, and physical well-being. Similarly, we recognize the importance of cultivating the "whole parent," acknowledging that the parent's mental, emotional, and physical health directly influences the family environment.

Our philosophy is grounded in the understanding that human development is a dynamic and lifelong process. Parents play a pivotal role in guiding their children through the various stages of growth, recognizing, and celebrating the uniqueness of each individual. We believe in the power of informed decision-making, equipping parents with the knowledge and tools necessary to make thoughtful choices that positively impact their children's outcomes.

The key tenets of our philosophy include:

Holistic Development: We emphasize a comprehensive approach to child development, addressing cognitive, emotional, social, and physical facets. This involves fostering a love for learning, emotional intelligence, social skills, and a healthy lifestyle.

Whole Parent Support: We acknowledge the importance of supporting parents in their journey, providing resources and strategies to enhance their well-being. By recognizing and addressing the challenges faced by parents, we aim to create a supportive community that encourages open communication and shared experiences.

Improving Child Outcomes: Our goal is to empower parents with the knowledge and skills necessary to optimize their child's outcomes. This includes creating a stimulating environment at home, establishing effective communication, and implementing positive discipline strategies.

Human Development Perspective: We embrace the idea that human development is a lifelong journey. Our course integrates insights from developmental psychology and other relevant fields to offer a nuanced understanding of children's growth and the parenting process.

Informed Decision Making: We prioritize providing evidence-based information to empower parents in making informed decisions. By staying current with the latest research in child development, education, and parenting, we strive to equip parents with the tools needed to navigate the complexities of raising children in today's world.

In conclusion, our parenting course is grounded in the belief that by nurturing both the whole child and the whole parent, we contribute to the creation of resilient and thriving families. Through a commitment to informed decision-making and a holistic approach to human development, we aim to inspire and support parents in their vital role as architects of their children's futures.

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Course description: *Intentional Parenting* delves into the intricacies of holistic child development, emphasizing the importance of addressing cognitive, emotional, social, and physical aspects of growth. Participants will explore evidence-based strategies to enhance their parenting skills, promote a positive family environment, and contribute to their child's overall well-being.

Course Format:

- Duration: This course is structured over 12 weeks, with each week focusing on a specific aspect of holistic parenting.
- Delivery Method: Virtual or in-person Interactive weekly meetings, group and practical exercises will be used to create an engaging and participatory learning experience.
- Resources: Participants will have access to a curated collection of resources, including readings, videos, and learning journals to support their journey.

Module 1: Ages and Stages: Development Across the Life Span from Birth to Late Adulthood

Description: This module delves into the intricate journey of human development from birth to late adulthood, providing a holistic exploration of the physical, cognitive, social, and emotional aspects of growth. Participants will gain a profound understanding of the milestones and challenges that mark each stage of life, enabling them to comprehend the complexities of human development and apply this knowledge to parenting and engaging with their young child.

Objectives:

- Examine the critical stages of prenatal development and early childhood, emphasizing the impact of caregiving, attachment, and early experiences on future outcomes.
- Examine the critical stages of prenatal development and early childhood, emphasizing the impact of caregiving, attachment, and early experiences on future outcomes. Understand the role of genetics and environmental factors in shaping the foundation for a healthy life.
- Investigate the cognitive, emotional, and social transformations during middle childhood and adolescence. Analyze the impact of peer relationships, identity formation, and educational experiences on individuals as they navigate the challenges of these developmental stages.
- Explore the complexities of adulthood, including career development, intimate relationships, and parenthood. Investigate the impact of societal expectations, cultural influences, and life events on shaping adult experience.
- Examine the psychological, physical, and social dimensions of late adulthood. Delve into the theories of aging, cognitive changes, and the importance of maintaining quality of

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life in the later years. Address issues related to caregiving, retirement, and end-of-life decisions.

This module equips parents with the knowledge and skills to critically evaluate developmental processes, fostering a well-rounded understanding of human development.

Module 2: Social Emotional Development: Nurturing Social Competence in Children and Cultivating Emotional Intelligence in Adults

Description: This module is designed to explore and enhance the critical aspects of social competence in children and emotional intelligence in adults. Participants will delve into the fundamental principles and practical strategies for fostering healthy social development in children and nurturing emotional intelligence in adults.

Objectives:

- Understand the core concepts of social competence and emotional intelligence.
- Explore the interplay between social development in children and emotional intelligence in adults.
- Discuss the role of caregivers, educators, and parents in shaping social competence.
- Examine the importance of these skills in building successful relationships at different life stages.
- Develop strategies for promoting positive peer interactions and resolving conflicts.
- Explore strategies for creating supportive, inclusive spaces in homes, schools, and workplaces.

Module 3: Foundations of Brain Development in Children

Description: This module is designed to help parents understand the intricacies of how a child's brain develops from infancy to adolescence. Participants will investigate the impact of environmental factors (stress and trauma), including family dynamics, socio-economic conditions, and cultural influences, on shaping a child's cognitive abilities. They will learn evidence-based educational strategies and interventions that support optimal brain development, including the role of play and enriched environments. As well as discuss the importance of parental involvement and effective communication in fostering a supportive environment for optimal brain development.

By the end of this module, participants will be equipped with a comprehensive understanding of the factors influencing brain development in children and practical strategies to promote cognitive growth.

Objectives:

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- Explore the basic principles of brain development in children, including synaptic pruning, neural plasticity, and the impact of genetics on cognitive growth.
- Recognize and analyze key cognitive milestones at different stages of childhood. Investigate the role of various environmental factors, such as family dynamics, socio-economic conditions, and cultural influences, in shaping a child's cognitive abilities.
- Understand the significance of parental involvement in cognitive development and develop effective communication strategies to foster a supportive environment for children.

By achieving these objectives, participants will gain a comprehensive and actionable understanding of brain development in children, enabling them to contribute positively to the cognitive growth and well-being of the next generation.

Module 4: Understanding Childhood Trauma: Impact on Development and Parenting

Description: This module delves into the profound influence of childhood trauma on both the developmental trajectory of individuals and the dynamics of parenting. Recognizing the pervasive and lasting effects of trauma on children, adolescents, and adults, this course equips participants with a deep understanding of the intricate interplay between early life experiences, psychological well-being, and effective parenting strategies.

Key topics covered:

- ACE's
- Definition and types of childhood trauma
- Impact of trauma on brain development
- Effects on emotional regulation and self-esteem
- Influence on cognitive and social development
- Relationship between trauma and behavioral patterns
- Disruptions in attachment due to trauma
- Implications for parent-child relationships
- Building secure attachments
- Developing coping strategies for children and parents
- Recognizing and addressing caregiver burnout
- Implementing self-care practices
- Creating a supportive environment for parents

By the end of this module, participants will gain a profound understanding of the nuanced ways in which childhood trauma shapes individual development and parenting dynamics.

Objectives:

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- To define and identify childhood trauma
- Describe the impact of trauma on development and relationships
- Explore and develop coping mechanisms for children and parents.
- Develop strategies for healing attachment wounds and strengthening parent-child bonds.
- Provide tools and strategies for self-care and stress management

Module 5: Understanding Child Temperament and Parenting Styles

Description: This comprehensive module investigates the intricate dynamics of child temperament and parenting styles, providing a deep understanding of how these factors shape a child's development and influence parent-child relationships. Participants will explore the nuanced interplay between a child's inherent temperament and the diverse parenting styles employed by caregivers.

Objectives:

- Gain insights into the biological and psychological foundations of child temperament.
- Explore the various dimensions of temperament, such as activity level, adaptability, intensity, and mood.
- Understand how temperament influences a child's behavior, emotional responses, and social interactions.
- Examine different parenting styles, including authoritative, authoritarian, permissive, and uninvolved
- Understand the impact of each parenting style on a child's development and well-being.
- Develop a toolkit of evidence-based strategies for adapting parenting approaches to different temperamental profiles.
- Explore how cultural and environmental factors contribute to the expression and interpretation of child temperament and parenting styles.
- Discuss strategies for navigating cultural differences in parenting practices.

Module 6: Communicating with Your Child

Description: This module recognizes that communication is a fundamental aspect of child development, influencing social, emotional, and cognitive growth. This module is designed to empower parents with the skills and knowledge necessary to foster effective communication with their children.

Objectives:

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- Look into the various stages of child development and understand how communication evolves from infancy to adolescence.
- Learn to interpret and respond to non-verbal communication cues, such as body language, facial expressions, and gestures. Understand how these cues provide valuable insights into a child's thoughts, feelings, and needs.
- Develop active listening techniques to create a supportive and open communication environment. Discover ways to validate your child's experiences and foster a sense of trust, ensuring that they feel heard and understood.
- Master clear and concise communication strategies.
- Reflect on your own communication style as a parent and discover ways to adapt and refine it to better connect with your child. Understand the impact of your words and actions on your child's communication development.

Module 7: Understanding Love Languages in Parenting

Description: In this module, participants will explore the renowned theory of love languages, as developed by Dr. Gary Chapman, and apply its principles to the unique dynamics of parenting. Each child is different, and understanding their individual love language can be a transformative tool in tailoring your parenting approach to meet their emotional needs effectively.

Key topics covered:

- Introduction to Love Languages
 - Explore the five love languages:
 - Understand how love languages manifest in children and parents
- Identify your child's love language
 - Learn practical techniques to recognize and understand your child's primary love language.
 - Assess the importance of observing and adapting to your child's changing emotional needs.
- Effective communication strategies
 - Develop communication skills tailored to each love language.
 - Enhance active listening and empathetic responses to foster a supportive environment.
- Parenting across different love languages
 - Understand the challenges and rewards of parenting children with different love languages
- Creating a love-filled home environment
 - Develop a personalized action plan to integrate love languages into daily family life.

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- Explore ways to strengthen the parent-child bond through intentional acts of love.

Objectives:

- Articulate a solid understanding of the five love languages and their significance in the context of parenting.
- Demonstrate the ability to recognize and interpret the primary love language of their children through observation and communication.
- Implement love language principles to tailor parenting strategies that align with the emotional needs of each child.
- Develop effective communication skills specific to each love language, fostering improved parent-child dialogue and understanding.
- Evaluate challenges and advantages in parenting children with different love languages and formulate strategies to create a harmonious family dynamic.
- Engage in self-reflection to identify personal growth areas as a parent, considering the impact of love languages on individual parenting styles.

By achieving these objectives, participants will be well-equipped to create a nurturing and love-filled home environment that fosters positive parent-child relationships based on a deep understanding of love languages.

Module 8: Understanding Developmentally Appropriate Behavior and the Difference Between Discipline and Punishment

Description: In this insightful and practical module, we will explore the fundamental distinction between discipline and punishment in the context of parenting. As caregivers, it is crucial to understand how our approach to guiding our children's behavior can significantly impact their development, self-esteem, and overall well-being.

Discipline is a dynamic and constructive method of teaching children the skills, values, and behaviors necessary for positive growth. Understanding developmentally appropriate behaviors along with the fundamental principles of child development covered through this course parents we will delve into various disciplinary approaches that focus on fostering a supportive and communicative environment. From setting clear expectations to implementing effective communication strategies, participants will gain valuable insights into nurturing their children's sense of responsibility and accountability.

On the other hand, punishment often tends to be reactive, punitive, and short-term in nature. We will explore why punitive measures may not be as effective in the long run and can have unintended consequences on a child's emotional and mental health. Participants will learn

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alternative methods that emphasize empathy, understanding, and collaboration, promoting a more positive parent-child relationship.

Key topics:

- Differentiate between discipline and punishment and understand the long-term effects of each on child development.
- Exploring proactive and empowering methods to guide children's behavior and focuses on teaching rather than punishing.
- Learn to establish age-appropriate rules and boundaries that promote a sense of security for children.
- Understand the importance of consistency in enforcing rules
- Tailor discipline and behavior management techniques to meet the unique needs of infants, toddlers, preschoolers, and school-aged children.
- Understand the impact of cultural factors on parenting styles and disciplinary approaches.
- Problem-Solving and Conflict Resolution: Teaching children essential skills to navigate challenges constructively.
- Creating a Supportive Environment: Cultivating an atmosphere of trust, respect, and cooperation within the family.

Objectives:

- Differentiate between discipline and punishment
 - Define and understand the distinctions between discipline and punishment
 - Explore the historical and psychological perspectives on disciplinary approaches.
- Embrace informed, intentional and positive discipline techniques
 - Learn and apply proactive, positive discipline strategies that promote long-term behavioral development.
 - Adapt discipline and behavior management techniques to suit the specific needs of infants, toddlers, preschoolers, and school-aged children.
 - Recognize and address the unique challenges and opportunities presented by each developmental stage.
 - Understand the importance of consistency and reinforcement in positive discipline.
- Establish clear expectations
 - Learn to set realistic and age-appropriate expectations for children's behavior.
 - Understand the role of consistency and clarity in promoting a sense of security for children.
- Promote independence and responsibility in children

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- Encourage age-appropriate independence and responsibility in children.
- Apply strategies that foster autonomy while maintaining a supportive and nurturing environment.
- Effective communication strategies
 - Utilize active listening techniques to better understand their child's perspective
 - Communicate clearly and respectfully with children using age-appropriate language.

Module 9: Creating Safe Spaces

Description: In this module, participants will explore the essential principles and practices for establishing secure and nurturing environments for children within the context of parenting. Recognizing that the well-being of children is paramount, this course aims to equip parents with the knowledge and skills necessary to create a safe, supportive, and developmentally appropriate atmosphere for their children to thrive.

Objectives:

- Understanding the importance of creating safe environments for children
- Exploring the impact of a safe environment on a child's physical, emotional and cognitive development
- Develop the ability to identify potential hazards and risks within different environments.
- Learn effective strategies for mitigating risks and creating child-friendly spaces.
- Explore age-appropriate ways to discuss safety rules and guidelines with children.
- Acquire practical knowledge on childproofing homes and common environments.
- Understand the importance of safety measures, such as first aid, emergency preparedness, and supervision.

Module 10: Navigating Screens and Social Spaces: Understanding the Impact on Child Development and Effective Parenting

Description: In the digital age, children are growing up surrounded by screens and social media, presenting both opportunities and challenges for their development. This thorough module designed for parents seeking a deep understanding of the effects of screen time and social media on child development, as well as practical strategies for fostering a healthy digital environment at home

Key topics covered:

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- Gain insights into the benefits and risks associated with technology use for child development
- Examine how screen time influences cognitive development in children.
- Understand the emotional and psychological impact of social media on young minds.
- Discuss the importance of age-appropriate content and digital literacy.
- Learn about recommended screen time guidelines for different age groups.
- Explore effective strategies for setting and enforcing screen time boundaries.
- Discuss the role of parental monitoring and supervision in digital spaces.
- Investigate the influence of social media on peer relationships and social dynamics.
- Identify signs of cyberbullying and strategies to prevent and address it.
- Learn to recognize signs of screen addiction and implement healthy habits.
- Reflect on your own digital habits and their impact on your child's behavior.
- Explore the pervasive influence of social media on parenting styles, family dynamics, and the parent-child relationship.
- Examine the psychological and emotional effects of social media on parental well-being
- Examine the importance of being a positive digital role model for children.

Objectives:

- Articulate the ways in which social media impacts parenting styles, family dynamics, and the parent-child relationship.
- Identify the positive and negative aspects of social media in the context of parenting.
- Recognize the psychological and emotional effects of social media on parental stress, anxiety, and overall well-being.
- Evaluate the potential effects of screen time and social media exposure on children's cognitive, social, and emotional development.
- Implement guidelines for age-appropriate technology use and screen time limits.

Module 11: Playful Parenting: Nurturing Growth Through Play

Description: In this interactive and engaging module, participants will discover the incredible impact that purposeful play can have on your child's development, fostering a strong bond between you and your little one.

Key topics:

- Explore the fundamental principles of play as an essential tool for learning and building connections.
- Understand the role of play in emotional, cognitive, and physical development in children.

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- Learn effective communication strategies through play to strengthen your relationship with your child.
- Discover how play can be a powerful tool for resolving conflicts and promoting cooperation.
- Design and set up play spaces that stimulate creativity, curiosity, and exploration.
- Understand the importance of age-appropriate toys and activities to enhance learning through play.
- Explore how everyday activities can become valuable learning opportunities for your child.
- Learn how play can encourage autonomy and problem-solving skills in children.

Objectives:

- Grasp the significance of play in promoting holistic child development.
- Recognize the various ways play contributes to emotional, cognitive, and physical growth.
- Utilize play as a means of resolving conflicts and fostering cooperation
- Design and set up age-appropriate play spaces that encourage curiosity and exploration.
- Evaluate and select toys and activities that align with developmental stages.
- Create a family environment where play is valued and serves as a foundation for ongoing learning and connection.

Module 12: Wrap Up

Description: This comprehensive course covered a diverse range of topics, including effective communication with your child, fostering a positive and supportive environment, understanding, and managing challenging behaviors, and promoting healthy emotional development. By exploring various parenting styles and techniques, you've not only broadened your knowledge but also cultivated a deeper understanding of your child's needs and perspectives. For this last module participants will reflect on the knowledge and strategies gained throughout the 10-week course and create an action plan for informed parenting

Objectives:

- Explore participants' insights into their own parenting styles, values, and areas for growth.
- Create an action plan to informed parenting

The end-of-course reflection serves as a culmination of the "Informed Parenting" series, empowering participants to approach parenting with newfound knowledge, skills, and confidence.