

# Anoka-Ramsey Community College

## PSYC 1130: Parenting Psychology

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites:

This course requires either of these prerequisites

PSYC 1110 - General Psychology (Minimum grade: 2.0 GPA Equivalent)

A score of 3 on test Advanced Placement Psychology

Corequisites: None

MnTC Goals: Goal 02 - Critical Thinking

(MnTC Goal 2)

Prerequisites (must have a grade of C or better): PSYC 1110

This course involves the investigation of various parenting styles and techniques. It is designed to help parents develop an understanding of child development with a focus on effective parenting techniques, including behavior modification, modeling, active listening, problem-solving, and others.

**B. COURSE EFFECTIVE DATES:** 06/01/1998 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Pregnancy and Prenatal Development
2. Labor and Delivery
3. Adjusting to Parenthood
4. Parenting Styles
5. Newborn/Infancy
6. Physical Needs of Children: Nutrition, Exercise and Sleep
7. Applied Child Development: Physical, Cognitive, Social, and Language
8. Applied Behavior Management
9. Positive Parenting
10. Media Influences on Child Development

#### **D. LEARNING OUTCOMES (General)**

1. Demonstrate an understanding of basic physical, social, emotional, and cognitive development throughout childhood
2. Demonstrate knowledge of the physical, social, emotional, and cognitive needs of children at different phases of their development and how parents may best meet those needs
3. Discuss common behavioral challenges related to parenting and how to overcome those challenges using behavioral management principles
4. Demonstrate an understanding of the personal challenges parents face as a result of the emotional and financial responsibilities of parenting
5. Demonstrate an ability to connect theory and research to the everyday practice of parenting
6. Describe the importance of the couple in parenting and psychologically healthy and appropriate practices to preserve this relationship
7. Discuss how positive psychology research intersects with parenting and can be used to raise healthier, happier children
8. Explain different parenting styles as they apply to the development level and temperament of children
9. Describe the different types of temperament and the implications of each on effective parenting
10. Describe a securely attached child at each developmental level and how various parenting approaches can lead to the development and maintenance of secure attachment
11. Describe ethical decision-making in today's world as it applies to parenting

#### **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

##### Goal 02 - Critical Thinking

1. Gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.
2. Imagine and seek out a variety of possible goals, assumptions, interpretations, or perspectives which can give alternative meanings or solutions to given situations or problems.
3. Analyze the logical connections among the facts, goals, and implicit assumptions relevant to a problem or claim; generate and evaluate implications that follow from them.
4. Recognize and articulate the value assumptions which underlie and affect decisions, interpretations, analyses, and evaluations made by ourselves and others.

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted