

FLE 145-147 : Parenting Journey

Credits 2

Parents will learn how past experiences and present realities shape their attitudes and beliefs as parents and influence how they engage with their children. Through a process of self-reflection and guided conversation, students will learn parenting styles, patterns, behaviors, and how to utilize community services and supports. This class may include students from multiple sections. Fall, Winter, Spring sequence.

Course Outcomes

- Describe the changing patterns and strength-based habits for parenting children.
- Create personal goals to establish a stronger basis for a successful parent-child relationship.
- Describe the importance of empathy and forgiveness in parenting.
- Explore the importance of making proactive choices in parenting.
- Describe ways in which to nurture themselves and their children.
- Demonstrate how to find and utilize community services and supports.
- Identify strategies to advocate for themselves and their families.