



# Online Parenting Programs

## 12 Hour Online Parenting Skills - Thrive Class

### Welcome

- Welcome
- How To Use This Program

### Intake Forms

- Demographic Information
- Relationship Information

### Unit 1: Who Are You as a Parent?

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- Before This Unit
- What You Will Learn
- Who Are You as a Parent?
- Children's Time: Children's Ideas of Parenthood
- Learning from Your Parents
- Children's Time: Connecting to the Past
- Caring for Yourself as a Parent
- Children's Time: Positive Feedback
- What Matters to You? Parenting Values - Part I
- What Matters to You? Parenting Values - Part II
- Children's Time: Families
- What Did You Learn?
- At The End of This Unit
- Additional Resources
- Sources

### Unit 2: Understanding Growing Children

- Unit 2: Understanding Growing Children
- Before This Unit
- What You Will Learn
- Overview of Development
- Areas of Development and Sensitive Periods
- Problems in Children's Development
- Children's Time: Personal History
- Adult Development
- Individual Differences - Part I
- Individual Differences - Part II
- Individual Differences - Part III
- Children's Time: Temperament

- Ability Differences
- Children's Time: Your Children and Other Children
- Your Child's Doctor and Assessing Development
- What Did You Learn?
- At The End of This Unit
- Additional Resources
- Sources

### Unit 3: Guiding Children

- Unit 3: Guiding Children
- Before This Unit
- What You Will Learn
- Discipline and Punishment
- Right, Wrong, and Morals
- Children's Time: Teaching Your Children Right and Wrong
- Setting Rules and Limits - Part I
- Setting Rules and Limits - Part II
- Children's Time: Setting Rules
- Outcomes for Following Rules or Breaking Them
- When Children Break the Rules - Part I
- When Children Break the Rules - Part II
- Pulling It all Together
- What Did You Learn?
- At The End of This Unit
- Additional Resources
- Sources

### Unit 4: Meeting Children's Needs

- Unit 4: Meeting Children's Needs (Nurture)
- Before This Unit
- What You Will Learn
- What Children Need and Children's Rights
- Children's Time: Children's Rights
- When There Isn't Enough to Go Around
- Children's Time: Managing Resources
- Most Important: Children Need You! - Part I
- Most Important: Children Need You! - Part II
- Children's Time: Attachment
- Keeping Children Healthy
- Immunizations, Vaccines, or Shots
- Healthy Eating
- Children's Time: Living Healthy
- What Did You Learn?
- At The End of This Unit
- Additional Resources
- Sources

### Unit 5: Managing Stress in Parents and Children

- Unit 5: Managing Stress in Parents and Children
- Before This Unit
- What You Will Learn
- Stress and Parenting
- How Stressed is Your Child?
- Children's Time: How Your Children Show Stress
- Why should we care about stress?
- When Stress Becomes Trauma
- Children's Time: Talking with Your Children to Lower Their Stress
- Understanding Stress
- Children's Time: Using Touch to Ease Stress
- Where Does Stress Come From?
- Children's Time: Stories and Make-Believe
- Managing Stress
- Children's Time: Using the 4 Rs with Children
- Don't Pass It On!
- When Stress is Too Much
- What Did You Learn?
- At The End of This Unit
- Additional Resources
- Sources

### Unit 6: Helping Children Learn

- Unit 6: Helping Children Learn
- Before This Unit
- What You Will Learn
- The Importance of Education
- Children's Time: Favorite Things About School
- Learning Starts with Play! (Part I)
- Learning Starts with Play! (Part II)
- Children's Time: Free and Low-Cost Toys and Play Ideas
- Talking and Listening to Children to Help Them Learn
- Children's Time: Communication about Education
- Education and "Possible Selves"
- Children's Time: Educational Time Machine
- Making Learning a Part of Family Life (Part I)
- Making Learning a Part of Family Life (Part II)
- What Did You Learn?
- At The End of This Unit
- Additional Resources
- Sources

### Collection of All the Children's Time Activities

- What Is This About?
- Children's Ideas of Parenthood (Unit 1)
- Connecting to the Past (Unit 1)
- Positive Feedback (Unit 1)
- Families (Unit 1)
- Personal History (Unit 2)
- Temperament (Unit 2)
- Your Children and Other Children (Unit 2)
- Teaching Your Children Right and Wrong (Unit 3)
- Setting Rules (Unit 3)
- Children's Rights (Unit 4)
- Managing Resources (Unit 4)
- Attachment (Unit 4)
- Living Healthy (Unit 4)
- How Your Children Show Stress (Unit 5)
- Talking with Your Children to Lower Their Stress (Unit 5)
- Using Touch to Ease Stress (Unit 5)
- Stories and Make-Believe (Unit 5)
- Using the 4 Rs with Children (Unit 5)
- Favorite Things About School (Unit 6)
- Free and Low-Cost Toys and Play Ideas (Unit 6)
- Communication about Education (Unit 6)
- Educational Time Machine (Unit 6)

### Final Exam

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### Survey

- Feedback on This Program

### Completion

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