

BABY COLLEGE WORKSHOP SERIES
Parenting Education Curriculum

Week	HARLEM CHILDREN'S ZONE	CAMBRIDGE
1	Orientation: "Who is Who"	Welcome & Orientation
2	Immunizations	Brain Development
3	Brain Development	Talk Workshop
4	Brain Development	Reading Party
5	Discipline	Ages & Stages: Childhood Development
6	Discipline	Babies Cry...Have a Plan
7	Health: Asthma and Lead Poisoning	Love and Limits: Positive Discipline
8	Safety	Navigating Health Care
9	Graduation	5-2-1 Workshop
10	N/A	Safety & Graduation

Orientation

	HARLEM CHILDREN'S ZONE	CAMBRIDGE
Workshop Topic	Orientation: "Who is Who" (Week 1)	Welcome & Orientation (Week 1) <ul style="list-style-type: none"> ▪ Five Essential Messages of Family Literacy
Overview	<ul style="list-style-type: none"> • Parents get to know instructors, each other and are introduced to The Baby College curriculum • Parents receive an introduction to HCZ sites. • Parents receive the introduction of a resource book for child/new parents 	<ul style="list-style-type: none"> • Parents get to know peers & facilitators • Parents receive an introduction to curriculum, schedule & incentive structure • Parents are introduced to the Five Essential Messages of Family Literacy (watch video)
Workshop Learning Objectives for Parents	<ul style="list-style-type: none"> • Celebrate the similarities and differences of classmates • Understand the Touchpoints parent principles • Understand The Baby College philosophy (parents are not passive listeners – they have something real to contribute and can teach each other as much as teachers can) 	<ul style="list-style-type: none"> • Understand the goal of supporting one another • Understand and celebrate their cultural differences • Understand their role as their child's first & life-long teacher • Learn and practice Essential Messages of Family Literacy
Facilitator	HCZ leaders	Project Coordinator <ul style="list-style-type: none"> ▪ All future workshop facilitators will be present
Assignment	Prepare for home visit with outreach worker	Practice at least one of the Five Essential Messages
Resources	Introduction of a resource book for child/new parents	Five Essential Messages bookmark & Cambridge Connections resource guides

Brain and Literacy Development

	HARLEM CHILDREN'S ZONE	CAMBRIDGE
Workshop Topic	Brain Development (Weeks 3 & 4)	Brain Development (Week 2) Talk & Reading (Weeks 3 & 4)
Overview	<ul style="list-style-type: none"> Class focuses on child's development, the importance of reading and singing, language acquisition, and imaginary play 	<ul style="list-style-type: none"> Teaches parents about science behind brain development and helps them understand how their actions can support or impede children's development Helps parents improve the quality and quantity of talk with children, focusing on the importance of talking and reading beginning at birth, all the time, in the language parents speak best. Helps parents engage in interactive / dialogic reading with children, encouraging them to ask questions and have conversations about a book
Workshop Learning Objectives for Parents	<ul style="list-style-type: none"> Understand and recognize the importance of setting a routine and nurturing the child Understand the need for communication and stimulation for a child of each age Know that reading, singing, and playing with their child is important for the proper growth of the brain, and important for the child's integration into society as a well-adjusted individual 	<ul style="list-style-type: none"> Be able to identify the major parts of the brain and describe the basic ways in which the brain develops Be able to explain how parents and caregivers' actions affect children's brain development Understand and be able to explain why talking and reading is important for young children's development Be able to describe and demonstrate specific techniques for "play" talking with young children Be able to describe and demonstrate how to read books interactively with young children
Facilitator	HCZ Leaders	Agenda for Children Literacy Initiative & Cambridge Public Library
Assignment	Develop creative ways to stimulate your child's learning. Make a list of your child's favorite songs and games and record new things your child has done.	Read at least one book in an interactive style and have at least one extended conversation 3 days out of a week.
Resources	N/A	<ul style="list-style-type: none"> <i>Let's Talk</i> materials (washcloth, bib, bag) Children's books

	HARLEM CHILDREN'S ZONE	CAMBRIDGE
Workshop Topic	Discipline (Weeks 5 & 6)	Babies Cry...Have A Plan (Week 6) Love and Limits: Positive Discipline (Week 7)
Overview	<ul style="list-style-type: none"> • Class focuses on setting appropriate age limits, teaching adjustments to corporal discipline, importance of consistency regarding parent/child relationships. • Examines the standard set by ACS, examples of the effects of punishment, and the child's willingness to seek attention even if it means negative attention 	<ul style="list-style-type: none"> • Class focuses on helping parents understand why babies cry and providing information about shaken baby syndrome, while helping them create a plan to cope • Class focuses on helping parents understand where their style of discipline comes from, why children do the things they do, and how to positively change behaviors, which takes time and practice.
Workshop Learning Objectives for Parents	<ul style="list-style-type: none"> • Provide information on Shaken Baby Syndrome <hr/> <ul style="list-style-type: none"> • Differentiate between teaching and punishing • Recognize the importance of setting appropriate limits for their children and allowing the child to learn through self-discipline • Understand the need to discipline themselves, modeling appropriate behavior for their children 	<ul style="list-style-type: none"> ▪ Understand facts about crying and shaken baby statistics, as well as dangers of shaking a baby ▪ Become familiar with current techniques for soothing and calming babies ▪ Create a coping plan for crying babies <hr/> <ul style="list-style-type: none"> ▪ Understand their expectations for their children & where their expectations about parenting originated ▪ Learn positive & effective ways to help children learn self-control and promote self-discipline ▪ Develop a plan to create an effective discipline structure ▪ Develop specific strategies to help them communicate with their children and change behavior
Facilitator	HCZ Leaders	Center for Families & Families First
Assignment	Parents receive a list of possible discipline scenarios with suggested responses for each. Parents practice responses and discuss in class.	Share coping plan with another parent in the class. When child does something that is frustrating to you, figure out what is going on from the child's point of view.

	HARLEM CHILDREN'S ZONE	CAMBRIDGE
Workshop Topic	Immunizations (Week 2) Health: Asthma and Lead Poisoning (Week 7)	Navigating Health Care (Week 8)
Overview	<ul style="list-style-type: none"> Class emphasizes the importance of immunizations, new developments in the medical field regarding vaccinations, and the need for preventative care Class focuses on learning to recognize symptoms of asthma, how to reduce triggers in the home, dangers of exposure to lead, and developing a relationship with a pediatrician 	<ul style="list-style-type: none"> Class covers a variety of critical health topics, including access to health care; when to call the doctor and when to go to the emergency room; the dangers of exposure to lead; asthma triggers and prevention; immunizations, and domestic violence in the home
Workshop Learning Objectives for Parents	<ul style="list-style-type: none"> Introduce or increase knowledge regarding childhood illnesses and diseases Understand the need to have their children immunized in a timely manner Know about preventative health care Understand the immune system and how it works Know how to advocate for their families at health care facilities / doctor's offices <hr/> <ul style="list-style-type: none"> Understand the dangers regarding asthma and lead Recognize and reduce asthma triggers and attacks Become familiar with ongoing testing & treatment Understand laws and rights regarding lead testing 	<ul style="list-style-type: none"> Understand which community resource to contact for additional information and materials Understand the difference between when to go to the doctor and when to go to the ER Know how to advocate for their families within the health care system Recognize and reduce asthma triggers in the home Understand laws and rights of individuals in the state of Massachusetts with regard to health insurance
Facilitator	HCZ Leaders	Cambridge Department of Public Health, Cambridge Health Alliance, and representatives of community initiatives
Assignment	Parents make a list of possible asthma triggers and exposure to lead in the home and keep of a log of child's behaviors around skills and language	Parents attend health-fair, receive at least one screening, and sign up for a follow-up contact with at least one other community agency or doctor's office
Resources	HCZ asthma survey & take-home information	Mini-health fair following workshop with available community resources, screenings, etc.

Additional Cambridge Workshops

	CAMBRIDGE	CAMBRIDGE
Workshop Topic	Ages & Stages: Childhood Development (Week 5)	5-2-1 Workshop (Week 9)
Overview	<ul style="list-style-type: none"> • Class focuses on children's physical, psycho-social, and cognitive developmental milestones • Class also focuses on the changes that have happened in parents' lives and the adjustments parents continue to make • Helps parents explore typical development and some of the challenges and joys that are a common part of parenting a young child 	<ul style="list-style-type: none"> • Class focuses on 5-2-1 concepts (5 fruits and vegetables, 2 hours or less of screen time, and 1 hour of physical activity) • Helps parents learn about the importance of limiting TV time and provides strategies for helping to create a healthy screen environment in the home
Workshop Learning Objectives for Parents	<ul style="list-style-type: none"> • Understand typical developmental milestones and strategies to encourage healthy growth & development • Be able to make sense of children's behavior, develop appropriate expectations, and engage their children in great learning and play experiences. • Be able to explain strategies to help minimize conflicts 	<ul style="list-style-type: none"> • Be able to explain 5-2-1 and share specific strategies for achieving 5-2-1 every day • Understand risks associated with too much screen time and ways to limit TV time
Facilitator	Families First & Cambridge Guidance Center	Cambridge Department of Public Health & Community Learning Center
Assignment	Think about something that happens during the week in terms of how parents thought it would happen, and how it actually happens. How can parents reconcile expectations with reality?	Try to do 5-2-1 at least 3 days in the week (5 fruits and vegetables a day; 2 hours or less of screen time; and 1 hour of physical activity)
Resources	Information on developmental milestones and contact for Early Intervention, if necessary	Materials to help limit TV (TV log, information, flyers, etc). List of after-school and summer programs to enroll older children, to help reduce TV watching during out-of-school time.

Safety

	HARLEM CHILDREN'S ZONE	CAMBRIDGE
Workshop Topic	Safety (Week 8)	Safety (Week 10)
Overview	<ul style="list-style-type: none"> • Class focuses on the safety of the home, including childproofing and having safe toys for children • Class also reviews safety in terms of public and private transportation and parents' desire to do the best for their children 	<ul style="list-style-type: none"> • Class focuses on environmental and home safety, including childproofing, safe toys, car seats and seatbelts, and safe walking & bike riding
Workshop Learning Objectives for Parents	<ul style="list-style-type: none"> • Understand the importance of safety in the home • Organize their home environment in a way to ensure their own safety & the safety of their children • Understand the importance of safety at daycare, on the playground and on transportation • Create safety plans (emergency pick up plan) 	<ul style="list-style-type: none"> • Understand the importance of safety in the home • Organize their home environment in a way to ensure their own safety & the safety of their children • Understand why and how to install a car seat and use seatbelts and helmets
Facilitator	HCZ Leaders	Project coordinator; Cambridge Community Development department and Cambridge Police Department
Assignment	Parents practice using items in the safety package with their outreach worker	Share new information on safety with another member of their families, with whom their children spend time
Resources	Parents receive safety package and equipment, including a safety gate	Access to low-cost safety equipment, including car seats and bike helmets