

## Justice Institute of British Columbia COURSE OUTLINE

**Course Code:** EP586

**Course Title:** Facilitating Parenting Groups: Essential Skills

**Prerequisite Courses:**

**Sponsoring Division:** Community and Social Justice Division, Centre for Counselling and Community Safety

**Previous Course Code & Title:**

**Course Effective Date:**

|                      |            |
|----------------------|------------|
| <b># of Credits:</b> | <b>1.0</b> |
|----------------------|------------|

### **Course Description:**

This course provides facilitators of parenting groups with a range of useful techniques for clarifying parental role, style and approaches; keeping parents focused on their choices, not their children's behaviour; and using the developmental stages of children as a dynamic tool. Emphasis is on helping parents distinguish partner issues from parenting problems, and their own childhood from their children's childhood. Participants will develop their confidence in using spontaneity and identifying 'teachable moments'. In addition, they will obtain some tips on how to creatively present materials that minimize defensive reactions from group participants.

### **Course Goal(s):**

At the end of this 14 hour, 2 day course participants will be able to use a range of useful techniques for facilitating parenting groups where clarifying parental roles, styles and approaches to parent children effectively is emphasized.

### **Course Learning Objectives:**

Upon successful completion of this course, the learner will be able to:

1. Clarify the facilitator's role and the parent's role in a group.
2. Describe explore how and why the focus of the group drifts quickly in many directions.
3. Discuss the differences between giving children an emotionally healthy childhood versus parenting children through one's own painful childhood.
4. Describe how to effectively help parents avoid colluding with other parents in a parenting group.
5. Discuss how discipline influences the parent/child relationship dynamic
6. Discuss how to be sensitive to participant's cultural, gender, sexual orientation, access to resources, education, challenges and abilities.
7. Describe how to use the developmental stages of children as a tool for parents to identify what skills they need to have and use.
8. Describe how to keep parent's focused on their own behaviour versus describing the children's behaviours that they don't like.

9. Describe how to help parents focus on respectful problem solving.
10. Describe parenting habits, styles and what these teach children
11. Describe the role emotional skills play in parenting effectively
12. Describe the role marital status has or does not have in parenting
13. Describe ways to stay current and the importance of using up to date material, accessing print media, using TV/VCRs and the Internet

**Course Topics/Content:**

- Things you might not have thought to include at the opening of your parenting group
- Beliefs re Parenting
- Parenting Habits
- The Car as a Metaphor
- 5 Psychological Needs
- Parenting Styles
- Using Children's Story Books to Demonstrate a Point
- Respect & Parenting
- Parenting Styles & Lessons Taught

**Text and Resource Materials:** Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

**Required:**

**Recommended:**

**Course Level:**

|   |                   |  |             |  |            |  |             |
|---|-------------------|--|-------------|--|------------|--|-------------|
| X | First Year        |  | Second Year |  | Third Year |  | Fourth Year |
|   | Other (describe): |  |             |  |            |  |             |

**Equivalent Course(s) within the JIBC:**

**Class Delivery Methods:**

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

| Delivery Methods             | Class Option A<br>(Hours) | Class Option B<br>(Hours) | Class Option C<br>(Hours) | Class Option D<br>(Hours) |
|------------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| Classroom/Lecture/Discussion | 14.0                      |                           |                           |                           |
| Simulation/Lab               | N/A                       |                           |                           |                           |
| Practicum/Fieldwork          | N/A                       |                           |                           |                           |
| Online                       | N/A                       |                           |                           |                           |
| Correspondence               | N/A                       |                           |                           |                           |
| <b>Total Class Hours</b>     | 14.0                      |                           |                           |                           |

**Comments on Delivery Methods:**

**Related Program(s):** (where applicable)

**Credit Transfer exists at:** (List Institutions with official transfer agreements and name equivalent courses)

**Course Grading System:**

Check the system that applies to this course:

|                          |                     |                          |                 |                                     |                |                          |                  |
|--------------------------|---------------------|--------------------------|-----------------|-------------------------------------|----------------|--------------------------|------------------|
| <input type="checkbox"/> | Letter Grades       | <input type="checkbox"/> | Percentage      | <input checked="" type="checkbox"/> | Pass/Fail      | <input type="checkbox"/> | Credit/No Credit |
| <input type="checkbox"/> | Complete/Incomplete | <input type="checkbox"/> | Attendance Only | <input type="checkbox"/>            | Not Applicable |                          |                  |

|                       |      |
|-----------------------|------|
| <b>Passing Grade:</b> | Pass |
|-----------------------|------|

*JIBC Standard Grading Scale for Letter, Grade Point and % Grades:*

| Letter Grade | Grade Points | % Range | Letter Grade | Grade Points | % Range |
|--------------|--------------|---------|--------------|--------------|---------|
| A+           | 4.33         | 90-100  | C+           | 2.33         | 64-67   |
| A            | 4.00         | 85-89   | C            | 2.00         | 60-63   |
| A-           | 3.67         | 80-84   |              |              |         |
| B+           | 3.33         | 76-79   | C-           | 1.67         | 56-59   |
| B            | 3.00         | 72-75   | D            | 1.00         | 50-55   |
| B-           | 2.67         | 68-71   | F            | 0.00         | 0-49    |

**Evaluation Activities and Weighing:** (complete the %'s which apply – total must equal 100%)

|              |   |             |   |               |      |                  |      |
|--------------|---|-------------|---|---------------|------|------------------|------|
| Final Exam   | % | Assignments | % | Project       | %    | Capstone Project | %    |
| Midterm Exam | % | Portfolio   | % | Participation | 100% | Other            | %    |
| Quizzes/Test | % | Simulations | % | Practicum     | %    | TOTAL            | 100% |

**Comments on Evaluation:**

100% attendance in all classes.

Active contribution to small and large group discussions and activities.

**Other Course Guidelines, Procedures and Comments:**

**View the Justice Institute of BC Policies listed below at:**

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy  
Harassment Policy  
Prior Learning Assessment Policy  
Student Code of Conduct

Academic Appeals Policy  
Intellectual Property Rights Policy  
Research on Human Subjects: Ethics  
Student Records