

# PARENTING (PARN)

## PARN 101 18-36 Hours

### Joyful Parenting: Creative Art/Music (Ages 1.5-2.5)

Parent and child will enjoy self-esteem building activities together; songs and music; easel and finger painting; band and blocks; school readiness; crafts and Playdoh. Includes activity ideas to do at home. (Please bring a snack). *(Apportionment)*

## PARN 102 18 Hours

### Connected Parenting

This class focuses on strengthening the caregiver-child connections, essential methods in helping children regulate their emotions, improving feelings of safety and security and decrease challenging behaviors. These are simple, research-based techniques for every parent who wants to build a life-long positive relationship with their child. *(Apportionment)*

## PARN 104A 10 Hours

### Kindergym - Toddler Fitness (Ages 1-4.5)

Parents and children enjoy exercise, movement and music together. Emphasis on developing large motor skills, coordination and self-esteem. Class provides an opportunity for parents to observe and interact with child. All activities introduced can be done by parents with child at home. *(Apportionment)*

## PARN 108 12 Hours

### You, Your Child and Music

Learn how to use simple musical games and activities to aid your infant/toddler in motor, cognitive and social development. *(Apportionment)*

## PARN 147 9 Hours

### Babies Love Music (Ages 4-14 months)

Music listening and music activities provide an excellent foundation for your baby's cognitive and social development. Mix together: One part thunder on a large gathering drum. Add small hand drums. Sprinkle liberally with rhythm band instruments, singing and puppets. Top it off with guitar, harmonica, and recorded music. MMM...mmm... good! Enrollment limited to 14. *(Fee-Based)*

## PARN 148 9 Hours

### Kids Love Music (Ages 1-2)

Music activities provide an excellent foundation for your preschooler's cognitive and social development. Mix together: One part thunder on Indian tom toms. Add glockenspiels and xylophones for rain. Sprinkle liberally with rhythm band instruments, singing and puppets. Top it off with guitar, harmonica, and recorded music. MMM...mmm...good! Enrollment limited to 14. *(Fee-Based)*

## PARN 149 9 Hours

### Kids Love Music (Ages 2-4)

Music listening and music activities provide an excellent foundation for your preschooler's cognitive and social development. Mix together: One part thunder on Indian toms Add glockenspiels and xylophones for rain. Sprinkle liberally with rhythm band instruments, singing and puppets. Top it off with guitar, harmonica, and recorded music. MMM...mmm...good! Enrollment limited to 14. *(Fee-Based)*

## PARN 150 9 Hours

### Kids Love Music (Ages 1-4)

Music listening and music activities provide an excellent foundation for your preschooler's cognitive and social development. Mix together: One part thunder on Indian tom toms. Add glockenspiels and xylophones for rain. Sprinkle liberally with rhythm band instruments, singing and puppets. Top it off with guitar, harmonica, and recorded music. MMM...mmm...good Instructor: Gary Greeno Registered Music Therapist. Enrollment limited to 14. *(Fee-Based)*

## PARN 151 9 Hours

### Kids Love Music (Ages 5-7)

Ever Play an African Slit Drum? A xylophone? Boomwhackers? Ever Sing "Chicken Lips and Lizard Hips" or Grandma's Feather Bed"? This and more musical fun awaits those who join Music Therapist Gary Greeno in this fun filled musical journey. Enrollment limited to 14. *(Fee-Based)*

## PARN 170 12-18 Hours

### Parenting Adult/Children with Disabilities

A class designed to provide support and resources to parents who have an adult child with a disability. Guest speakers will be invited to present information to help parents be knowledgeable of what their community offers in regards to independence. For additional information, please contact 714 484-7057. *(Apportionment)*

## PARN 200 12-36 Hours

### Joyful Parenting: Art, Music & Movement (Ages 2.5-5)

Parents are introduced to the latest information about child development and parenting skills, through lecture, discussion, observation and hands-on learning with other students. Age appropriate activities are offered to the children so that parents can learn the importance of developmental stages that prepare children for preschool and/or kindergarten. For all classes, please bring a lunch. *(Apportionment)*

## PARN 220 2 Hours

### Helping Your Struggling Child

So many children today are struggling in school, acting out at home, having social problems, and/or experiencing mood changes. Parents are often frustrated, confused, and unsure of what to do. This course will assist parents in understanding children's issues, and recognizing symptoms of common disorders such as ADHD, learning disabilities, anxiety, depression, and autism. In addition, the course will focus on how to determine whether a significant problem exists, and how to obtain an accurate diagnosis. *(Fee-Based)*

## PARN 225 1 Hour

### Homework Tips Workshop (How to Really Help Your Child)

Help improve your child's chances of success in school by learning the key issues and strategies you need to know about helping your child with homework. Parents will complete a Checklist for Helping Your Child with Homework to help you develop a plan for guiding and monitoring your child's homework as well as communicating with your child's teacher. *(Fee-Based)*

## PARN 230 9 Hours

### Parenting Tips & Tricks Interactive Workshop

Do you want to encourage cooperation and respectful behavior in your children? This course covers specific techniques that will help your family to listen and cooperate with you on: chores, homework, problem solving & using reward systems. Cooperative communication is the key to making your home a more peaceful place! *(Fee-Based)*

<b>PARN 235</b> <b>Raising Caring Kids</b> This workshop will review and present practical tips and implementation strategies for parenting today's children. The focus will be on developing caring behaviors through everyday scenarios. Topics will include caring about family, friends, difficult situations and showing appreciation. Parents will be guided on steps to teach their children how to become kids that care. <i>(Fee-Based)</i>	<b>2 Hours</b>	<b>PARN 265</b> <b>Parenting with Love and Logic®</b> This course assists parents and caregivers in developing practical skills for reinforcing the expectations their children experience at home and in school. Utilizing The Love and Logic approach, this course will teach six subsets of skills that encourage home environments that stimulate responsibility, prevent misbehavior, and encourage setting healthy limits. <i>(Apportionment)</i>	<b>18-36 Hours</b>
<b>PARN 237</b> <b>Raising Thoughtful Children (Ages 1.5-2.5)</b> Students participate with their child to support social-emotional development as they guide their child to build awareness of self, family, community, and the world. The class uses developmentally appropriate activities for very young children. <i>(Apportionment)</i>	<b>18 Hours</b>	<b>PARN 267</b> <b>Love &amp; Logic® Early Childhood; Parenting Made Fun!</b> This course assists parents and caregivers in developing practical skills for reinforcing the expectations their children experience at home and in school. Utilizing The Love and Logic® Early Childhood approach, this course will teach five subsets of skills that encourage home environments that stimulate responsibility, prevent misbehavior, and encourage setting healthy limits. <i>(Apportionment)</i>	<b>15 Hours</b>
<b>PARN 238</b> <b>Raising Thoughtful Children (Ages 2.5-5)</b> Students participate with their child to support social-emotional development as they guide their child to build awareness of self, family, community, and the world. The class uses developmentally appropriate activities that emphasize building a growth mindset and thoughtfulness toward themselves and towards others. <i>(Apportionment)</i>	<b>18 Hours</b>	<b>PARN 268</b> <b>Love and Logic®: Supporting Youth with Special Needs</b> This course is designed to support adults parenting or supporting youth with disabilities by developing practical skills for reinforcing the expectations of children at home and in school. By utilizing the Love and Logic® approach, this course will teach four subsets of skills that encourage home environments that stimulate positive relationship development, empathetic listening, realistic goal setting, and encourage independence. The information included in this course is for those who already have a strong understanding of the Love and Logic® approach. <i>(Apportionment)</i>	<b>15 Hours</b>
<b>PARN 240</b> <b>Navigating Resources for Adults with Disabilities</b> A class designed to provide support and resources to parents who have an adult child with a disability. Topics include: Overview of the service delivery system, eligibility for regional center and service agencies, adult transition, role of service coordinators, obtaining services, college, employment, independent and adult living options. <i>(Fee-Based)</i>	<b>12-18 Hours</b>	<b>PARN 269</b> <b>Love and Logic®: Adults Supporting Youth with Challenging Past</b> This course assists parents and caregivers in understanding how trauma and hurtful events affect a child's brain. Students will learn the importance of bonding and relationships and how to address the root causes of a child's behavior through practicing empathy, establishing boundaries, and building healthy relationships. <i>(Apportionment)</i>	<b>21 Hours</b>
<b>PARN 245</b> <b>Runaway Teens in Orange County</b> The purpose of this seminar is to provide information and resources for parents of at-risk and/or delinquent children, and for parents of highly defiant and strong-willed children. <i>(Fee-Based)</i>	<b>3 Hours</b>	<b>PARN 275</b> <b>Parenting the Love and Logic® Way Lab</b> <b>Corequisite(s):</b> PARN 265 Parenting the Love and Logic® Way. This is a one-hour lab course to be taken concurrently with PARN 265. It meets once a week for 12 weeks. This course is designed to allow students to collaborate with their faculty and peers to implement parenting strategies learned in lecture for practical use in their daily lives. <i>(Apportionment)</i>	<b>12 Hours</b>
<b>PARN 260</b> <b>Developmental Movement (Ages 1 - 2)</b> Parents and children are introduced to developmental movement and music for one and two year-olds. Emphasis is on identifying milestone-appropriate large motor skills, coordinated body movements and introductory behaviors associated with demonstrations of self-esteem for this age range. <i>(Apportionment)</i>	<b>12-18 Hours</b>	<b>PARN 277</b> <b>Love and Logic® Early Childhood: Parenting Made Fun! Lab</b> <b>Corequisite(s):</b> PARN 267 Love and Logic® Early Childhood: Parenting Made Fun! This is a one-hour lab course to be taken concurrently with PARN 267. It meets once a week for 10 weeks. This course is designed to allow students to collaborate with their faculty and peers to implement parenting strategies learned in lecture for practical use in their daily lives. <i>(Apportionment)</i>	<b>10 Hours</b>
<b>PARN 261</b> <b>Developmental Movement (Ages 2 - 3)</b> Parents and children are introduced to developmental movement and music for two and three year-olds. Emphasis is on tracking developing milestone-appropriate large motor skills, coordinated body movements and milestone psychological behaviors associated with demonstrations of self-esteem for this age range. <i>(Apportionment)</i>	<b>12-18 Hours</b>	<b>PARN 278</b> <b>Love and Logic®: Supporting Youth with Special Need Lab</b> <b>Corequisite(s):</b> PARN 268 Love and Logic®: Supporting Youth with Special Need. This is a one-hour lab to be taken concurrently with PARN 268. It is designed to allow students to collaborate with their faculty and peers to practice practical implementation of parenting strategies that they learn in the lecture class. <i>(Apportionment)</i>	<b>8 Hours</b>
<b>PARN 262</b> <b>Developmental Movement (Ages 3 - 4.5)</b> Parents and children are introduced to developmental movement, and music for three to four and a half year-olds. Emphasis is on continued tracking of milestone-appropriate large motor skills, coordinated body movements and psychological behaviors associated with demonstrations of self-esteem for this age range. <i>(Apportionment)</i>	<b>12-18 Hours</b>		

<b>PARN 279</b> <b>Love and Logic®: Adults Supporting Youth with Challenging Pasts Lab</b> <b>Corequisite(s):</b> PARN 269 Love and Logic®: Adults Supporting Youth with Challenging Pasts. This is a one-hour lab course to be taken concurrently with PARN 269 that meets once per week. It is designed to allow students to collaborate with their faculty and peers to implement parenting strategies and learn practical uses in their daily lives. (Apportionment)	<b>12 Hours</b>	<b>PARN 303</b> <b>Building Trauma Informed Communities: Family Dynamics</b> This course assists parents and caregivers in learning the characteristics needed for healthy environments and relationships in the home while recognizing the uniqueness of each family dynamic. The focus is on ways parents and caregivers can care for themselves while providing the stability needed to meet the physical and emotional needs of children. (Apportionment)	<b>24 Hours</b>
<b>PARN 295</b> <b>Understanding Anti-Bias Framework</b> The purpose of this course is to help parents and caregivers gain awareness and understanding around the four components of K-12 Anti-Bias Framework. This course will provide an understanding of what the terms bias, identity, diversity, justice, and action mean and explore the roles played by individuals in each of these areas. (Apportionment)	<b>15 Hours</b>	<b>PARN 304</b> <b>Building Trauma Informed Communities: Mental Health in Our Homes</b> This course provides parents and caregivers an overview on mental health in order to provide awareness and understanding. The focus is on exploring factors that influence mental health in our homes, protective measures, and skills needed to aid in healthy coping and regulation strategies for parents, caregivers, and youth in the community. (Apportionment)	<b>12 Hours</b>
<b>PARN 296</b> <b>Many Identities, One Diverse Nation</b> The purpose of this course is to help parents and caregivers gain awareness and understanding around the ♦Identity♦ and ♦Diversity♦ components of k-12 anti-bias framework. Students will gain an understanding of the terms personal and social identity, intersectionality, visible and invisible identity, and explore how individual identities contribute to a national identity that is United States. (Apportionment)		<b>PARN 305</b> <b>Building Trauma Informed Communities: Understanding LGBTQ+ Youth</b> This course will provide an understanding of the LGBTQ+ population, terminology, and stressors/traumas that potentially impact youth. Student will gain insight that will advance awareness of the challenges faced by LGBTQ+ youth and simple tools to break down barriers. Each week will involve engaging discussions and activities that incorporate empathy and affirmation to build safer spaces. (Apportionment)	<b>12 Hours</b>
<b>PARN 297</b> <b>Raising Culturally Responsive Children</b> The purpose of this course is to help parents and caregivers gain awareness and understanding around the "Justice" and "Action" components of k-12 anti-bias framework. Instruction will center on personal identities, labels, confirmation bias, belonging, human rights, discrimination, speaking up, speaking out, and making human rights universal. (Apportionment)		<b>PARN 306</b> <b>BTIC: Human Trafficking Awareness and Prevention</b> This course provides an overview on Human Trafficking from a survivor's perspective in order to provide awareness in our homes, schools, and communities. The focus is on exploring definitions, risk factors, and skills needed to aid in prevention and protection for our youth. (Apportionment)	<b>24 Hours</b>
<b>PARN 300</b> <b>Building Trauma Informed Communities: Adverse Childhood Experiences</b> This course assists parents and caregivers in learning about the effects of childhood adversity, toxic stress, and the impact on health and well-being. Tools are provided to help parents and caregivers address their personal histories in order to provide attuned, nurturing care. Tools are also provided to promote healing and resilience in children. (Apportionment)	<b>24 Hours</b>	<b>PARN 307</b> <b>Building Trauma Informed Communities: Internet Safety and Awareness</b> The purpose of this course is to help parents and caregivers gain awareness and understanding around the online world and how it works. The benefits and risks associated with the Internet will be explored along with the tools needed to help children stay safe while they engage in technology use. (Apportionment)	<b>12 Hours</b>
<b>PARN 301</b> <b>Building Trauma Informed Communities: Early Childhood and Infancy</b> This course assists parents and caregivers in learning the importance of connection (attachment and bonding) as the building blocks to infant/early childhood social emotional and cognitive development. The focus is on exploring ways parents and caregivers can provide responsive and attuned care while increasing lifelong resilience for their children (Apportionment)	<b>24 Hours</b>	<b>PARN 308</b> <b>Building Trauma Informed Communities: Understanding Addiction</b> The purpose of this class is to provide understanding and awareness around addiction and how it impacts individuals and families. Definitions of addiction will be explored, as well as the connection between trauma and addiction, and the importance of connection and relationship as a preventative and protective measure. (Apportionment)	<b>12 Hours</b>
<b>PARN 302</b> <b>BTIC: Attuned Connection for Foster, Kinship, and Adoptive Families</b> This course is created for foster, adoptive and kinship parents to assist in learning the importance of connection (attachment and bonding) as the building blocks to social-emotional and cognitive development. The focus is on exploring ways parents can provide responsive and attuned care while increasing lifelong resilience for children. (Apportionment)	<b>18 Hours</b>	<b>PARN 350</b> <b>Love and Logic Workshop 1</b> This course is a 90-minute workshop provides an overview of what is offered in Parenting the Love & Logic Way and provides tools for foundational relationship building and disengaging in arguing. (Apportionment)	
		<b>PARN 352</b> <b>Internet Safety Workshop</b> The purpose of this workshop course is to help parents and caregivers gain awareness and understanding around the online world and provide an overview of what is offered in PARN 307. (Apportionment)	

**PARN 354**

**Adverse Childhood Experiences Workshop**

This is a 90-minute workshop that provides an overview of what is offered in the Adverse Childhood Experiences parenting course and offers tools for understanding how childhood trauma affects people through life and brings awareness to preventative and healing measures. (*Apportionment*)

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