



Online Parenting Programs

24 Hour Online Parenting Skills Class Ages 0-18

Parenting 101

- What will you learn
- Tips to Success
- Pre-Test Assessment
- The Basics
- Parenting Styles
- What Type of Parent are You?
- Self Help

Developmental Stages

- What Will You Learn
- 0 - 2 Years
- 2 - 3 Years
- 3 - 5 Years
- 5 - 10 Years
- 10 - 14 Years
- 15 - 18 Years
- Practice Quiz

Sleep Issues

- What you will learn
- Sleep Issues
- Develop a Pre-Bedtime Routine
- Sleep Disorders
- Bedtime Troubles
- Bring Out the Stars
- Practice Quiz

Nighttime Fears

- What Will You Learn
- Nighttime Fears
- How Much Sleep Is Enough?
- Are Nighttime Fears Abnormal?
- Practice Quiz

Potty Training

- Potty Training Checklist
- Starting Toilet Training: The 7 P Plan
- Practice Quiz

Self-Esteem and Socialization

- What Will You Learn
- What is Self-Esteem
- Making the Most of School
- Socialization
- Socializing Opportunities

- Parental Influence on Children
- Teens and Teams
- Where is My Teenager?
- Raising an Only Child
- Practice Quiz

Childcare

- What Will You Learn
- Choosing Childcare
- Types of Childcare
- Signs of Bad Childcare
- Preparing For Disaster
- Summer Care
- Backup Childcare Plans
- Childcare Checklist

Your Children and Discipline

- What will you learn
- When Parents Disagree about Discipline
- Peace and Your Home
- Response Conversations
- Good Discipline
- Teaching Good Manners
- Reasons for Your Child's Behavior
- Boundaries
- Children and Manipulation
- Effective Punishment
- Practice Quiz

Raising Healthy Children

- What Will You Learn
- Benefits of Healthy Eating
- Nutrition Guidelines
- Grocery List
- Helpful Sources
- Health and Hygiene
- Advantages of Breastfeeding
- Fetal Alcohol Spectrum Disorders
- Practice Quiz

Raising Children with Disabilities

- What Will You Learn
- What are Learning Disabilities?
- The Evaluation Process
- Special Needs
- Strategies for Parents
- Practice Quiz

Responsible Families

- What Will You Learn
- Respect and Compassion for Others
- Encourage Responsible Behavior
- Developing Judgment and Thoughtfulness

- Practice Quiz

Family Feuds

- What Will You Learn
- When Did You Lose Control?
- When Children Think Their "Vote" is Equal
- Eighteen Ways to Avoid Power Struggles
- Does My Child Care
- If You Lose Your Temper
- Sick of the Backtalk?
- Siblings and Conflict
- Swearing - They Repeat What They Hear
- Lying
- Stealing
- Role of the Father
- Getting Your Child to Do Homework
- Morning Routines
- Chores and Responsibilities
- Practice Quiz

Children and Transitions

- Dealing with Change
- Nurturing Relationships
- Tantrum and Your Children
- Speeding up Your Slow Child
- Practice Quiz

The Big Talk

- At What Age...
- Questions
- When They've Met Someone Special
- Discussing Sex
- Early Sexual Activity
- Encouraging Abstinence
- Sexually Transmitted Diseases
- Peer Pressure
- The Prom and Beyond
- Teen Pregnancy
- Practice Quiz

Harmful Behaviors

- Harmful Behaviors
- Leaving Your Children Alone
- Drugs and Your Teen
- Smoking
- It's Only Pot
- Teenagers and Alcohol
- Distracted Driving
- Depression and Suicide
- Teens, Cutting, and Self-Injury
- Breath-Holding
- Where's the Party?
- Sexual Predators

- Practice Quiz

Bullying

- Harassment
- Bullying and Feelings
- Bullies
- What Can You Do?
- What if My Child is a Bully?
- Cyberbullying
- Test Your Knowledge
- Practice Quiz

Power of Social Media

- Online Safety
- Social Networking and Teens
- Social Networking Safety
- Sexting
- Video Games
- Television
- Practice Quiz

Money Management and Children

- Money Management and Your Children
- Allowance and Spending Decisions
- Your Child and Social Responsibility
- Practice Quiz

Resources

- Helpful Resources
- Parenting Contract

Final Exam

- Final Exam

Survey

- Survey

Completion

- Completion