



Course Schedule

The *Parenting: A Guide to Parenting for Life* curriculum is composed of the following lessons. Approximate lesson times are included.

Lesson	Title	Approximate Time
1	Introduction to Parenting	45 minutes
2	Care and Needs of an Infant –Introducing Baby	45 minutes
3	Safety, Health, and Care – part 1	45 minutes
4	Safety, Health, and Care – part 2	45 minutes
5	Attachment/Autonomy: Trust and Brain Development	45 minutes
6	Nurturing	45 minutes
7	Education and Literacy development	45 minutes
8	Recreation and Play	45 minutes
9	Parenting Styles	45 minutes
10	The Simulation Experience	45 minutes
11	Financial Support	45 minutes
12	Child Care/Day Care Options and Community Resources	45 minutes
	Course Summary and Posttest	30-45 minutes