

## PARENTING (W 117) COURSE OVERVIEW

### COURSE OBJECTIVE

The objective of this course is to help parents become more aware of the long-term subconscious programming they instill in their children. Parenting is not easy. However, there are a few but “powerful” cognitive steps that can be taken that will have the greatest impact on child and parent relationships.

### COURSE CONCEPTS

UNIT 1: *BEGINNINGS* - There are four important hierarchy of needs for children.

UNIT 2: *FAMILIES* - Families are the most important unit in any society.

UNIT 3: *PERSONAL WAY OF BEING* - Parents are most important in parenting.

UNIT 4: *TRUTH* - Truth is what it is. You can't break the truth, only yourself.

UNIT 5: *CHILDREN* - Six important steps to greater success.

UNIT 6: *LIFE* - Simple interventions now can result in cascade of positive results.

UNIT 7: *ANGER MANAGEMENT* - Angry people imprison themselves.

UNIT 8: *RELATIONSHIPS* - The more we think of others, the happier we will be.

UNIT 9: *HOW TO CHANGE* - We can influence others to change, but not force them.

### COURSE COMMENTS

Children have physical, emotional, directional, and creative needs. The more they get of these needs in early childhood, the better their adult life. The most important thing in parenting are the parents. Just a few changes now can reap great rewards in the future. The good and bad done to children will be reflected in future generations. One good way to gauge our success as parents is to see how our grandchildren turned out.

One of the problems with parenting courses is guilt and denial. Parents can become angry and contentious at any suggestion that their children are acting out because of them. Because of the coach and home study format as well as positive curriculum, most of these strong emotions are negated, providing an excellent opportunity to change and learn.

### COURSE CRIMINOGENIC NEEDS MET

Not applicable

### COURSE REVIEW QUESTIONS.

- How can the “cycle of thoughts” help parents?
- How can families get out of the swamp of despair onto the mountain?
- How does forgiveness help families heal?
- What is the most important thing in parenting?
- How can you tell if you have been a successful parent?
- What can happen if you don't set boundaries for children?
- How can you deeply listen to your child(ren)?

## EXIT TEST

1.  
 Jacob
2.  
  
  
 104 people
3.  
  
 Jenny
4.  
  
  
 Hate
5.  
  
 is who you are without thinking who you are.
6.  
  
  
 she was deceived.
7.  
 is resistant.
8.  
  
 denies the truth and blames others.
9.  
  
 going against what you know is right.
10.  
  
 6
11.  
  
 a secondary emotion.
12.  
  
  
 we have to think differently.
13.  
  
 feel validated and secure.
14.  
  
 doesn't know right from wrong.
15.  
 is like cancer.
16.  
  
  
 of faulty thinking from bad programming.
17.  
  
 you allow them to fix their own problems.
18.  
  
  
 lives in the box.
19.  
 for control and power.
20.  
  
 Jennifer