

MANAGED BY JIVAN JYOT TRUST
J.Z SHAH ARTS & H. P. DESAI
COMMERCE COLLEGE,
AMROLI-SURAT.

Re-Accredited B++ (CGPA 2.94) BY NAAC (3rd Cycle)

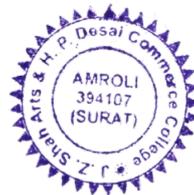
Affiliated To Veer Narmad South Gujarat University, Surat



Certificate Short Term Course in
“PARENTING SKILL”

Term: December 2019 to February 2020

Total Hours: 30 Hrs.



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PRINCIPAL
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Module 1: Introduction to Effective Parenting

Understanding the role of a parent

Exploring different parenting styles and their impact on children

Setting goals and expectations for the course

Module 2: Building Strong Parent-Child Relationships

The importance of bonding and attachment

Effective communication with children of different ages

Active listening and empathetic responses

Module 3: Positive Discipline and Behavior Management

Differentiating punishment from discipline

Implementing positive reinforcement and rewards

Using logical consequences to teach responsibility

Module 4: Promoting Emotional Well-being in Children

Recognizing and addressing children's emotions

Teaching emotional intelligence and self-regulation

Coping with stress and anxiety

Module 5: Effective Problem-Solving and Conflict Resolution

Teaching problem-solving skills to children

Conflict resolution strategies for parent-child disputes

Encouraging negotiation and compromise

Module 6: Nurturing Positive Self-esteem and Identity

Recognizing the importance of self-esteem in child development

Strategies to promote positive self-image and confidence

Fostering a growth mind-set in children

Module 7: Parenting in the Digital Age

Navigating the challenges and risks of the online world

Setting appropriate screen time limits and guidelines

Promoting digital responsibility and safety

Module 8: Parenting Support and Resources

Identifying available resources and support networks for parents

Seeking professional help when needed

Creating a long-term parenting plan and setting achievable goals




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