

PARENT & INFANT

- **Baby 'N Me (1-7Months)**

The first year of life is an exciting one for baby and parents. This course is designed to offer support and encouragement in the fulfillment of this magnificent role as parent and to provide an opportunity to meet and share with other parents of young babies. Topics of discussion include child development, toy selection, sleep patterns, games and songs, and strategies for preventing parent burnout. Babies remain with their parents during this once a week course. 8 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

Registration required.

Call 752-8350 for schedule or visit the Bellingham Technical College (BTC) Web site:

<http://www.btc.ctc.edu>

- **Baby 'N Me (8-12 Months)**

Is your baby "on the move," exploring the world, becoming more social, and "babbling" up a storm? Share the challenges of this age with other parents, make new friends, and learn current parenting guidelines while your active baby explores the stimulating and safe environment in the classroom. Topics for discussion include weaning, discipline, emerging language, health and illness, and safety. Babies remain with their parents during this once a week course. 8 sessions. . Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

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- **Signing with Baby! It's All About Communication**

Wouldn't you like to strengthen family bonds, reduce frustrations, and empower your baby to communicate his/her needs independently? These are just a few of the many benefits of learning to communicate with the use of simple American Sign Language signs. Upon completion of this course, parents/caregivers will be well equipped to continue communicating with their baby using ASL signs. Babies remain with their parents during this once a week course. 5 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

Registration required.

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PARENTS & KIDS TOGETHER

In the following courses, parents and children attend these courses together in an instructional program that focuses on children's development. Developmentally appropriate activities are planned for parents and the children to do together in class. A wide variety of toys and equipment are available for play and discussion time is built into each course so parents have an opportunity to share ideas, questions, problems, and joys with other parents as well as learn

from parent educators. These courses are primarily designed for one parent, one child except for the specifically designed sibling classes. Young infants are welcome in parent/toddler classes.

- **Living & Learning With Ones**

New words, dumped toys, thrills and spills fill the day of a one-year-old. No one knows that better than a toddler's parent! Plan to spend time with your one-year-old learning, discovering, and playing as well as separating for parent discussion on topics related to the challenges of this age. Once a week class for parent & child. 10 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

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- **Time With Twos**

Life can be challenging living with the emerging independence of a two-year-old. Discover why your child won't let go of your leg, demands routines, loves the words "no" and "mine", and other typical behaviors of the terrific twos. You will have an opportunity to learn and play together as well as participate in discussions with other parents of twos. 10 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

Registration required.

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- **Exploring With Threes And Fours**

Asserting independence, expressing fears, playing with imaginary companions, and being boisterous or shy are all pieces of living with three and four year olds. This twice a week course provides an alternative to preschool and offers parent/child activities and opportunities for your preschooler to expand social skills, language skills, imagination, and curiosity through developmentally appropriate children's curriculum. Separate discussion time with other parents of threes and fours will focus on issues relating to parenting this special age. 20 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

Registration required.

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- **More Than One – Parenting Brothers and Sisters**

Are you concerned about the battle cry of "he hit me first"? Are you wondering how to find time for each family member? Answer these questions and others during adult discussion time. Spend time with your children enjoying a wide variety of multi-age activities. This is an opportunity to join other families for play and talk

about the adventure of parenting more than one. 10 sessions. . Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

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- **Men & Children Nights**

These once a month workshops are designed for toddlers and preschoolers to bring an important man in their life (father, stepfather, uncle, grandfathers, etc.) to an evening of activities, music, and books. Participants will spend the evening interacting with their important toddler or preschooler. 3 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

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PARENTING DISCUSSION COURSES

- **Effective Parenting**

This class offers parents a realistic and practical approach to meeting the challenges of raising children today. It helps them learn effective and enjoyable ways to relate to their children ages 6-11. It also helps them toward the goal parents want most: to raise responsible children who will grow into responsible men and women, capable of living meaningful, happy adult lives. 5 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

Registration required.

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- **Effective Parenting of Toddlers & Preschoolers**

During the first five years of life, children change rapidly and dramatically. Parents need to keep readjusting too! As your child's first and most influential teacher, you need to develop skills to guide and encourage your child as he/she grows. Join this course for gaining information on understanding your children and their behavior, building self-esteem, effective communication, cooperation, discipline techniques, and emotional and social development. Required handbook. 5 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

Registration required.

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- **Effective Parenting of Teens**

Parenting teenagers is one of the most challenging tasks of raising children today. To provide guidance through the often turbulent adolescent years, parents need a practical, down-to-earth philosophy that can help them understand the motivations of their teens. Join this course which will provide you with more effective ways to communicate with your teen, plus learn methods to develop responsible behavior and high self-esteem in your teenager. Required handbook. 6 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

Registration required.

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- **How to Talk So Kids Will Listen**

Are you searching for ways to parent and teach without feeling frustrated, angry, bewildered, guilty, or alone? This course is designed to help parents and teachers of toddlers through teens communicate more effectively with their children. Specific topics of communication, cooperation, alternatives to punishment, self-image, and family love and respect will be discussed. Required handbooks (two). 7 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

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- **Positive Discipline**

Positive Discipline is an interactive class for parents who want more cooperative, respectful, and joyful relationships with their children. During this seven week class, we will explore ways to discipline (teach) with kindness and firmness at the same time, to help children achieve self-discipline and problem solving skills, to create an atmosphere of cooperation, and mutual respect in your home, and to reduce power struggles. 7 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

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- **Siblings Without Rivalry**

How do you handle it when your kids fight? Do you get involved or let them work it out themselves? Join other parents of toddlers through teens to study the basic principles of reducing conflict and generating good will between brothers and sisters. Specific topics of helping siblings deal with their feelings about each other, treating children uniquely rather than just equally, siblings in roles, handling fighting kids, and problem solving will be

addressed. The two required handbooks are available at the BTC bookstore. 6 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

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- **Stepfamilies: Surviving & Thriving**

Are you a stepparent now, or planning to be, and wondering how you are going to get through this blending process? This course is designed to help you not only survive this experience, but also thrive as a family. Join other stepparents as we discuss the real, day to day challenges — and yes — joys, of your new family adventure. 4 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

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- **Grandparenting Toddlers & Preschoolers**

This course will assist grandparents in supporting their children & grandchildren. Current issues surrounding discipline, mealtimes, encouragement, & communication will be explored. 4 sessions. Class sponsored by Bellingham Technical College.

Fee charged/half scholarships available.

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