

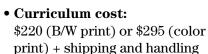


A Program for Parenting Young Children Age 0 to 3

Adapted for Use With Selected Audiences: For use in parent and family education, early childhood programs, home visitation, family support, Head Start, school classes and other educational settings

Basic Beginnings is a parent education program that focuses on building foundations for a young child's healthy development. It is especially adapted for teaching fundamentals of raising young children to specialized audiences, such as teen parents, first-time parents, parents with developmental challenges, English as a Second Language parents, or families involved in home visitation or family support programs.

Basic Beginnings is a practical parent education program based on key research in child development and parent-child relations. Its focus is parenting children from ages 0 through 3. The curriculum includes presenter guides, lesson outlines, presentation materials and interactive family activity books with learning activities for each lesson.



• Family Activity Book cost:

\$17 (B/W print) or \$29 (color print) + shipping and handling

To order the program materials, arrange a training seminar or ask questions about the program, please go to or contact:

www.ag.ndsu.edu/basicbeginnings

Phone: (701) 231-8652 Phone: (701) 231-6143

Email: krista.l.olson@ndsu.edu Email: sean.brotherson@ndsu.edu





16 LESSON MODULES IN FOUR DOMAINS

I) Building a Caring Relationship With Your Baby

- Loving and Nurturing Your Child
- Getting to Know Your Child
- Calming and Comforting Your Child
- Teaching Your Child With Love

2) Keeping Your Baby Safe and Well

- Keeping Your Child Well Part 1
- Keeping Your Child Well Part 2
- Keeping Your Child Safe Part 1
- Keeping Your Child Safe Part 2

3) Growing Together With Your Baby

- Helping Your Child Learn
- Partnering With Your Child in Play
- Giving Your Child the Gift of Reading
- Growing Your Child's Self-worth

4) Caring for Yourself and Your Baby

- Understanding Stress as a Parent
- Managing Your Stress as a Parent
- Managing Your Child's Stress
- The Importance of a Support System

NDSU

EXTENSION